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CALENDARS  
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JUNE 11 - 17, 2022



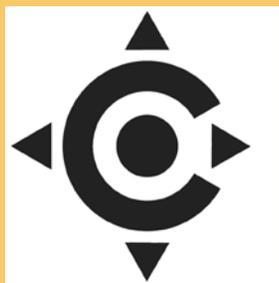
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Phone: (801) 574-3413

**Dave Iltis, Editor, Publisher, & Advertising**  
[dave@cyclingutah.com](mailto:dave@cyclingutah.com)

**Assistant Editor: Lisa Hazel**  
**Assistant Editor: Steven Sheffield**

**David R. Ward, Founder**  
**Bob Truelsen, Founder**

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**Contributors:** Chuck Collins, Dave Iltis, Charles Pekow, Tom Jow, Tom Diegel, Ashley Patterson, Greg Overton, Sarah Kaufmann, Ken Christensen, Russ Hymas, Art O'Connor, Janice Tower, Dirk Badenhorst

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Cover Photo: Coach and Cycling West contributor Sarah Kaufmann at speed at the summit of Little Mountain on April 27, 2022. Photo by Dirk Badenhorst, @dirkbadenhorst

**FAT BIKING**

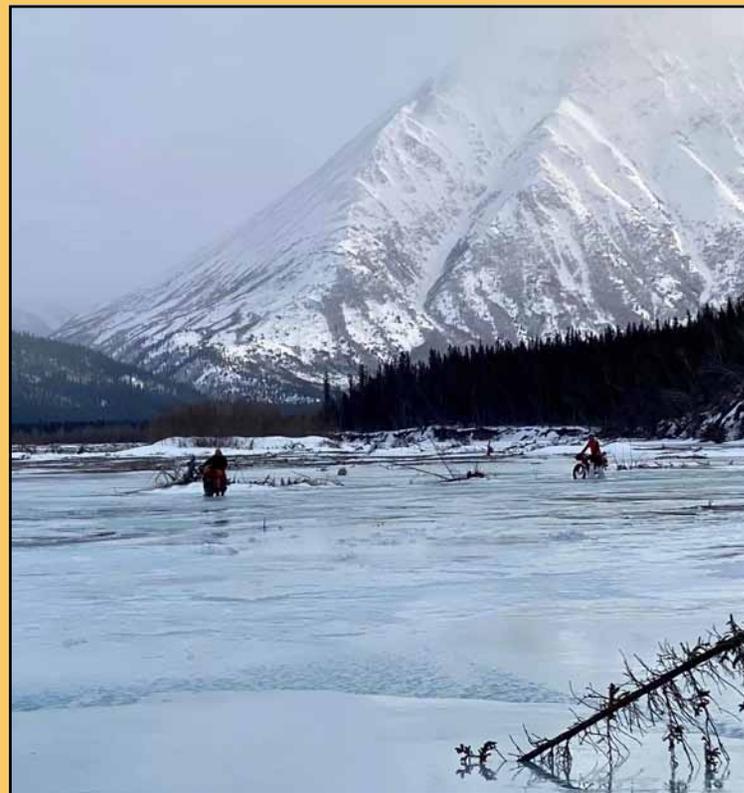
**Adventure Awaits Riders of the Iditarod Trail Invitational**

By Art O'Connor

The Iditarod Trail Invitational is the human powered version of the famous Iditarod Sled Dog race. Competitors can choose to bike, walk, or ski the route. The ITI follows the same trail as the dogs, but we leave a week before they do. For us two legged competitors there are 2 distance options. The 350 or the full 1000 miles. In order to do the 1000, you must first complete the 350.

As a rookie, the 350 was my only option and believe me, I was intimidated enough by that distance. The race itself is semi self-supported. There are checkpoints along the way that have food and lodging options. Some are free others you pay out of pocket. Riders are expected to carry all the gear they think they will need to make the trek. Unlike most races that have a required gear list the ITI does not have one. Competitors are free to pack as light or as heavy as they feel comfortable doing. The

Continued on page 10



Art (right) crossing the Tatina River overflow. Photo by Janice Tower

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**Even Bicycle-Friendly Communities Continue to Fail to Build Bicycle Infrastructure**

Building bicycle infrastructure really does help people get around in cities. It's just that American municipalities haven't gotten the message. So says an evaluation of an infrastructure-building effort in five cities, including Denver, between 2018 and 2021. The Urban Institute's report on the Final Mile Program concludes "cities in the United States have thus far failed to systematically expand their cycling networks in a fashion that is safe for

users and encourages a mode shift out of cars and into this more equitable and environmentally friendly transport mode."

The Final Mile provided private grant money for publicity, engineering support and advocacy – not building infrastructure. In all the cities, leaders had shown support for bicycling previously.

The institute concluded that municipalities – rather than larger or more distant governments – need to take the lead as they control most

streets. They need to set long-term goals and then set priorities. It is also necessary to keep pushing city officials to get things done but that also causes stress among the staff.

The 86-page evaluation offers plenty of tips for bicycle advocates, city officials and funders. It acknowledges that advocates by and large haven't produced adequate ways to minimize the influence of NIMBYs and other opponents of bike lanes, who will always exercise their First Amendment rights to show up and

speak at public meetings.

Find the RESEARCH REPORT: Making the Case for Improved Bicycling Infrastructure: An Analysis of the Final Mile Bicycle Infrastructure Program at <https://www.urban.org/sites/default/files/publication/105402/making-the-case-for-improved-bicycling-infrastructure.pdf?fbclid=IwAR2IDZh4H11z4YL-5DzJFirYiVmxTalhceWG-gr3P5tS2ZSJWFLpRSWfj0aw>

-Charles Pekow

**Women Fear Interactions with Motorists More than Lack of Cycling Infrastructure**

One factor that keeps women from cycling is they fear how they'll be treated should something go wrong. Researchers conducted surveys in 10 communities in the Toronto area about safety perceptions. Investigators from the University of Toronto and Ryerson University chose five locales with bike lanes and five without.

The study reported that "cyclists who identify as women are more concerned about safety overall compared to those who identify as men." But it wasn't because females were more afraid of colliding with a vehicle or getting hurt. Women were more scared of getting bullied, verbally abused, or otherwise unpleasantly treated by a motorist. Surprisingly, the presence or absence of bike lanes didn't affect the survey results.

The study concludes that more research is needed into gender differences in transportation behavior.

Find Gendered Perceptions of Cycling Safety and On-Street Bicycle Infrastructure: Bridging the Gap at <https://www.science-direct.com/science/article/abs/pii/S1361920922000670>

-Charles Pekow

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**NHTSA Seeks Comments on National Survey of Pedestrian and Bicyclist Attitudes, Knowledge, and Behavior**

The National Highway Traffic Safety Administration (NHTSA) invites public comments about its National Survey of Pedestrian and Bicyclist Attitudes, Knowledge, and Behaviors. NHTSA wants to survey 7,500 adults about "the extent to which Americans engage in walking and bicycling activity, their attitudes toward and experience with various facilities, road conditions, and technologies, and their opinions on pedestrian and bicycling safety topics."

The survey would be mailed to households in English and Spanish with the option of completing it online or by mail. NHTSA has conducted such a survey every decade, starting in 2002. It plans to use the results to help design safety programs.

Comments are due June 3. See <https://www.govinfo.gov/content/pkg/FR-2022-04-04/pdf/2022-06989.pdf> for instructions on how to participate.

-Charles Pekow

**Congress Passes Law to Create Public Map for Outdoor Recreation Access**

In a few years, you will be able to see exactly where you can ride your bicycle for fun on federal land. Congress passed the Modernizing Access to our Public Land (MAPLand) Act, which will require federal agencies to create a public digital map of access to outdoor recreation. The law applies to land overseen by the Bureau of Reclamation, National Park Service, Bureau of Land Management, Fish and Wildlife Service, Forest Service and Army Corps of Engineers.

It may take a while though to put it together; the law gives the agencies 2.5 years to produce a joint plan, and four years to make the map public.

The database will have to include which trails and roads are open to motorized and non-motorized bikes and other forms of transportation so you can see who else you may encounter. It will also note the status of trails which close seasonally.

See <https://www.congress.gov/congressional-report/117th-congress/house-report/272/1>

-Charles Pekow

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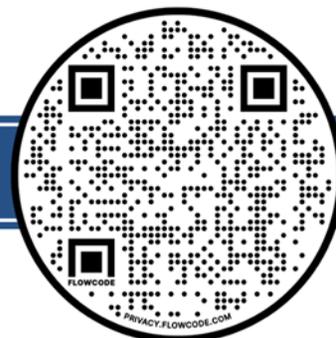
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## NATIVE AMERICAN CYCLING

# Navajo Nation Working to Expand Bicycling through New Trails, Kids' Programs, and Racing

By Charles Pekow

Like everywhere else, the pandemic wreaked havoc upon bicycling in the Navajo Nation. But the Navajos also did their best to turn the crisis of health and social activity into an opportunity to get citizens out on bicycles.

The Navajo Indian Reservation encompasses more than 27,000 square miles in Arizona, New Mexico, and Utah, making it the largest American Indian land in the United States. Despite the COVID lockdown, the Navajo Nation has kept up its long-standing efforts to get its members out on bicycle. When the lockdown hit back in 2020,

NavajoYES, a youth-serving non-profit, increased its efforts to get kids on bikes.

The nation had been promoting bicycling well before. NavajoYES had been promoting bicycle donations, races, and other events since the early 1990s. In 2015, community groups founded the Navajo Trails Task Force, which was ready to help



Youth award winners in the Chuska Challenge Mountain Bike Race. Photo by Tom Riggerbach, [NavajoYES.org](http://NavajoYES.org)

out when COVID hit. It published a guide to biking on the lands (<http://navajoyes.org/trails-initiative/>). When social rides became unsafe, it came in handy.

And now the reservation is working on creating the first rail-to-trail conversion on Native American lands with the help of the Rails-to-Trails Conservancy (RTC). A rail line built to transport coal from the Black Mesa coal mine to the Navajo Generating Station was decommissioned in 2019. NavajoYES jumped on the chance to turn it into a multi-use trail, which could run 60-80 miles and pass-through multiple villages. The local economy depends heavily on recreation and tourism and a recreational trail could bolster such business.

The project presents a new challenge for RTC (of which I am a member). It is the first (and perhaps prototypical) effort to convert an abandoned rail line into a recreational trail entirely on Native American land. Often when converting a trail, proponents must deal with multiple property owners and governments. "A key piece we learned is that in a project like this, there has to be unanimity of support by landowners. If a landowner along the corridor says, "This doesn't work for me; I'm not supportive of it," then it's a no go," says Eric Oberg, RTC's Midwest regional director. In this case, it deals mainly with the tribal apparatus as both property owner and government. On the one hand, this simplifies the process. On the other hand, RTC has to learn the specific needs, procedures, and structures of tribal communities.

"It's still in early stages, but it's a super exciting project for them," Oberg says. The proposal is moving ahead slowly. "I haven't talked to anybody in three or four months," he says. "Politics is different on a reservation. We're learning. We're providing technical expertise" and reaching out to the public and seeing what federal funding may be available. "This project will be a case study and precedent on how other reservations and tribal governments can and why they should do multi-use trail development."

Currently, the Navajo Nation counts 34 trails of various types and lengths in various stages of planning, development, and use, ranging from community trails to long-distance routes, park trails and school-based ones, some designed for mountain bikes.

While the parties haven't worked out details, the state of Arizona has offered some funds from the American Rescue Plan Act (pan-

demic relief) to build trails on the reservation over the next two years.

Beyond its trail projects, NavajoYES operates its Diné Bike Project, which fixes donated bicycles and gives them to school children, a project set back by the pandemic, says Program Coordinator Aaron Beauford. (Navajos call themselves the Diné, which translates as "the people" or "children of the holy people.")

"The challenge we've been through since COVID was trying to get back into local schools," Beauford says. "We used to visit a lot of schools (and sponsor bike rides). We can't do that nowadays." The project employs two mechanics to fix bikes and tries to work with others. Donations include all sorts of bikes for all ages: "little kids" bikes, mountain bikes, road bikes. We've got something for just about everyone," Beauford says. In April, Beauford said the project included about 300 bikes in its inventory and has given away about 60 so far this year.

Also, in March, Eve's Fund, a Navajo youth-serving non-profit, donated 100 helmets for the project. Each child who gets a helmet makes a pledge to wear it whenever riding.

When conditions permit, NavajoYES also sponsors events such as bike races (<http://navajoyes.org/dine-bike-project/>). NavajoYES plans to sponsor several events this year at dates to be determined, including the Tour de Rez Cup Series and the Chuska Challenge Mountain Bike Race, which has been going on 28 years and usually takes place in September.

The Indian Health Service (IHS) is trying to pick up the ball and expand biking at schools in villages in the Arizona section of the Diné lands. "Many of the bikes were expensive and hard to keep up," explains Genevieve Notah, associate director of the Office of Program Planning and Evaluation of the Navajo Area Indian Health Service. IHS efforts hit a series of setbacks. "Because of COVID, not much really happened," Notah explains. A lack of staff delayed recent efforts. Last winter, IHS decided time was ripe to get youth into social biking again.

It solicited bids for a contractor to work with 20 schools on youth bike rides and repair clinics as part of the school health program. But the effort faced another setback when the contacting official left to take another job. So IHS withdrew the request which it wants to reissue at an unspecified date, Notah says.

For more information on NavajoYES, visit: [navajoyes.org](http://navajoyes.org)

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**BICYCLES AND THE LAW**

**Protect Yourself from Financial Fallout After a Bike Wreck**

By Ken Christensen and Russ Hymas

You have probably heard us say it before, but since the weather is improving and a new cycling season is upon us, it's important that we say it again – every cyclist needs really good car insurance coverage!

As a cyclist, your worst fear is being struck by a car while you're out on the road. You might do everything right, follow every law, and a careless driver can still plow into you. And if you don't have the right type of car insurance coverage, you could end up paying for an accident you didn't cause. As bicycle accident attorneys, we see this unfortunate situation far too often. That's why it is critical that every cyclist understands how their own car insurance can protect them from serious financial harm after a wreck.

Damages from a collision can include past and future medical bills, lost wages, pain and suffering, inability to participate in activities you previously enjoyed, and damage to your bike and gear. You can quickly find yourself in the hole or rack up serious debt if all these expenses fall on you after an accident.

The best way to prevent or eliminate these debts is through car insurance. The first line of defense is the car insurance for the driver that hit

you. The at-fault driver's car insurance company is required to pay for the damages caused by the collision, but only up to their insured's policy limits. This means you should never rely solely on the other driver's car insurance, because that driver might have insufficient insurance coverage – or worse, no coverage at all. In Utah, drivers are only required to carry \$25,000 in liability insurance, and the injuries and damages from a bike vs car collision can easily exceed those low policy limits. That's why you need to have at least \$100,000 (and we'd recommend \$250,000 if possible) in Uninsured and Underinsured motorist coverage. Note: For other states, please check your state code for requirements.

Uninsured motorist coverage

(UM) is available to help cover your damages when the at-fault driver doesn't have any car insurance at all. Underinsured motorist coverage (UIM) is available when the at-fault driver is underinsured – meaning you received the driver's full liability limits but still have damages outstanding. You can then claim the remaining value of your damages through your own car insurance policy. Raising your uninsured and underinsured motorist coverage to \$100,000 or \$250,000 will likely cost less than an additional \$10 a month, and it's more than worth it to ensure you are protected in the event of a car vs. bike wreck.

Now what happens if you're not in a collision with a car, but your bike is stolen or wrecked? In that

case, you can make a homeowner's or renter's insurance claim. Some insurance companies require you to pay extra or add a rider provision to your homeowner's policy to cover your bike – others do not. We recommend choosing an insurance company who will cover the full value of your bike without requiring a rider. In either of these scenarios, you will have to pay your deductible before the insurance pays out, so you'll want to decide whether that deductible should be \$500 or \$1,000.

We are passionate about protecting cyclists and making sure that they have the right insurance coverage. Send us your car and home insurance declaration pages. We will review your coverage for free. We will also send you a free

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Ken Christensen and Russ Hymas are avid cyclists and Utah attorneys at [UtahBicycleLawyers.com](http://UtahBicycleLawyers.com). Their legal practice is devoted to helping cyclists injured in collisions with motor vehicles. They are authors of the Utah Bicycle Accident Handbook and are nationally recognized legal experts on cycling laws and safety.

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**CYCLING MOVIES**

**Movie Review: The Soul of the Cyclist**



A still from the movie *The Soul of a Cyclist*. Photo courtesy Nuno Tavares

By Greg Overton

The bicycle is often described as the noblest machine ever produced, where the engine is also passenger, and its use makes one healthier. Many cyclists who have a longstanding history with the bike, and especially a bike that has carried them for many miles and many hours to many places will have developed a relationship of sorts with that bike, and also with the activity of cycling.

In a soft paced and well-presented film called 'The Soul of a Cyclist', produced by AntiClone Productions and Director Nuno Tavares, we enjoy several tales of cyclists who ride historic bikes for enjoyment, peace of mind, touring, basic transportation and simply for their love of doing it. We see traditional, historic products that carry the heritage of cycling in the age of technology and many who love the heritage and carry it proudly. There are no electronics,

cutting-edge materials or training aids featured. Instead, we see a look back at a simpler time, yet one that translates well now and ongoing, as enduring as the machine itself. The film introduces us to riders and manufacturers and also to some of the challenges faced in finding high quality parts and shops who can still service historic and simple bicycles of the past.

Based in Portugal, Tavares' home, and also filmed in England and Spain, this film carries the viewer along with riders on their solo journeys as well as huge cycling events such as The Tweed Ride in London, which draw hundreds or thousands of period bicycles with riders dressed in period correct attire and social gatherings that celebrate it all. This film is based around primarily traditional, upright, sprung saddle bikes and riders and their love of simply riding their bike. There is no racing per se or competition, but mostly leisurely cycling and the bike as daily transport or for travel. Yet, the current competitive rider will also

identify with the connection made to the machine, what miles on a bicycle can do for health, the environment and a unique view of one's surroundings by simply pedaling along and moving in quiet introspection.

'The Soul of a Cyclist' is a subtle and friendly nod to those who recognize and nurture this connection to the simple, sturdy, crafted machine that is capable of taking its partner nearly anywhere, yet at a pace that provides a thorough in-the-moment look at every mile along the way. A sort of belonging while also passing through. And the film shows that in all parts of the world, this connection is universal. Even this viewer whose involvement in cycling is mostly connected to racing and racing bikes, the heritage and connec-

tion are recognizable and familiar and are wholly identifiable.

The film is roughly an hour and ten minutes viewing time, with English subtitles throughout except where English is spoken on screen. It moves along conversationally and reading the subtitles while trying to take in the visual tour can bring about the need to watch more than once in order to catch everything presented. There is more on offer in 'The Soul of a Cyclist' than 'bikes

are very cool', but it does send that message in a comfortable way, and the viewer will receive it. Because of the focus away from technology and onto the bike as the simplest machine for both reflection and discovery simultaneously, it is a great post ride watch that will grow your eagerness to take the next one.

For more information on *The Soul of the Cyclist* or to stream it, visit the film's website: <https://en.almadeciyclista.com>

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**MOUNTAINBIKING****How I Learned to Jump**

Tom jumping his mountain bike. Photo courtesy Tom Jow

By Tom Jow

"I'm too old to jump" is a phrase I often hear these days. This is because many of the friends I ride with are, like me, getting older. It is a scientific fact that as we age, we become a little more fearful, a little less willing to take risks. This psychological effect of aging was becoming clear in my own riding. Several years ago, I noticed I was riding around more jumps and walking more technical features than I wanted to. Some features I had ridden before. Some, I knew in the back of my mind that I could, but was afraid to. I decided it was time to bring my riding level back up. In the process, I learned how to push back against fear.

What causes fear? In the case of jumping on bikes, it is the physical injury caused by crashing. Deep down, however, our fear is the unknown outcome of the event. Will I nail it, or will I crash? How are we going to skew the odds of landing upright in our favor? The best way to do that is with knowledge and practice.

One way to learn riding and jumping techniques is to attend in person classes. In person clinics and classes provide a controlled environment, instruction, and practice under expert supervision. Being a do-it-yourselfer and a cheapskate, I chose online instruction. In other words, I watched a lot of videos. I watched videos of, and about jumping. Some were good. Some were less than good. They were all entertaining. However, I had to build my own practice.

The first goal of practice is to turn essential, fundamental movements into autonomous actions. In order to do this, we need our safety gear and a safe controlled environment with features of a level we can complete confidently. Practice riding

these features with good technique until we can nail it about every time. If we get tired, can't concentrate, and start failing good technique then stop. Remember the saying "practice how you play"? We do not want to practice bad habits.

Our end goal for practice is progression. This is the scary part. Moving up to the next level requires riding the unknown. Remember all that practice to create autonomous action? We just have to apply that skill to a jump that may be a little higher, or a little farther. To reduce the anxiety of attempting new, larger features I set ground rules for myself. For example, I would not attempt big scary things when riding alone. In addition, the weather and trail conditions had to be favorable. Finally, I had to listen to my body. Did I feel like I was riding well that day? Do I feel good about going for this today? My internal feelings had the most effect over when I would progress. Until recently, the average number of times I looked at a jump before attempting it was ten. This could have been discouraging, but I was determined; I knew I would get there.

What often tipped the scale though was my riding partners. One rides at about my level. When we did our line inspection, he would often pick out the worst part of the line or landing. In order to get past that, we occasionally had to challenge each other. "I'll do it if you do it". My other partner rides above my level. He usually pointed out the best part of the line. He would say, "take off here, land there, easy peasy". The best reasons for having friends along are, a) to watch someone hit it first, and b) having someone to follow so we can get the speed correct.

Mountain biking is a challenging sport on many levels. Riders of all ages and levels will have to meet and rise above the challenges if they

wish to continue enjoying the sport. Due to the natural loss of strength and risk taking by older riders, it is even more important for us to be diligent about improving our skills.

Through the use of learning, practice, progression, and friends we can all learn to jump and ride other features successfully. Clearing that first gap jump, no matter what size is a huge

rush and sense of accomplishment. Then it's all high fives from there.

Got a bike question? Email Tom at [runnerrunner.rider@gmail.com](mailto:runnerrunner.rider@gmail.com)

### Report: E-Scooters Help Everyone Get Around More Quickly

Everybody gets around faster when e-scooters are available. So says a study from the universities of Florida and Alabama. Scooters keep some people out of cars, reducing traffic, says the report Micro-mobility as a Solution to Reduce Urban Traffic Congestion. It drew its conclusions from examining systems in Washington, DC, and the University of Birmingham in Alabama.

The researchers found that very few studies have been done on the effects of micro-mobility on reducing traffic and smog.

The highly-technical study offers tools for cities on how to measure scooter use and design and operate scooter systems. It includes a research review and methodology. Only a real mathematical nerd could understand it but those who do could use it as a tool to understand and improve scooter/bikeshare systems. The authors note that the specific characteristics of Washington could play a factor (the greatest scooter use, for instance, took place in the tourist zones). See <https://stride.ce.ufl.edu/project-b3/>

-Charles Pekow

**Iditarod -  
Continued from page 3**



**Brrrrr. Photo by Art O'Connor**  
guys gunning for the win go really light and really don't stop to sleep. I was hoping to finish in under 5 days and definitely planned on sleeping.

As a rookie I definitely packed for my fears. I had redundancies for my redundancies. I never weighed my bike, but I would guess I was in the 75-80lb range. The fast guys were more like 40. The race bible and the pre-race meeting are pretty clear that if you get in trouble, you had better be prepared to self-rescue.

I got to Anchorage 3 days before the Sunday start. I wanted some time alone to get my head ready for what was to come. My old friend and former Utahn Tom Miller was flying in on Friday from Canada and I was looking forward to catching up with him, but I was really happy to have some alone time in the hotel room to get myself sorted. Events like this are more of a mental challenge than a physical one IMHO. Months of talking about it and planning it were over. Time to act now. I spent those days telling myself that no matter what happened I would finish. I would not panic. I would be grateful, and I would finish. I did have a performance goal in mind, but the primary objective was to finish.

The big topic on everyone's mind was overflow. Overflow is when the ice cracks on the lakes and rivers and water comes up between the ice and the snow covering it. Lots of pics and videos in the days before



**The dashboard of Art's bike. It's a balmy 6 degrees. Photo by Art O'Connor**

Shackleton, and the insane Twilight, Krakauer, and Messner stories. I have always wanted to do something like that and see if I could test myself to my limit. Not being a climber or really having any interest in becoming one this seemed like my best shot. With 4 Fat Pursuits (two 50k and two 200k's) under my belt and one of Jay Petervary's Fat Camps under my belt I sent in my application. In July of 2021 I got the email that I was in. Holy moly, this is happening!

The race starts with a 90-minute bus ride to Knik Lake for a 2pm grand départ. As the school bus rattled down the road to everyone was pretty quiet and focused on the task at hand. At the start Tom and I connected with Jenny and Jason Hanson from Arizona. We all did Fat Camp and Fat Pursuit together and it was reassuring knowing other people in the race. We got a start line pic and sent it to our friend Andy who was supposed to be with us but had to pull out after having back surgery right after Fat Pursuit.

I got a spot near the front and in front of all the walkers and skiers. When the gun went off, I settled into a good pace and found myself in a nice group of locals and race veterans. About an hour in as we were flying through some rollers, I carried a lot more momentum into a hill than the guy in front of me. This resulted in me hitting brakes to avoid



**The moose was in no hurry to get off the trail. Photo by Art O'Connor**  
showed knee deep water on the lakes. One other unique thing about ITI is that there is no official course map or GPX file given to the racers. Navigation is part of the skill set and the experience of ITI. The first 30-50 miles of the race usually cross several lakes that are usually frozen solid. Unusually warm temperatures had changed that. So now the challenge was finding alternative routes around the soggiest sections. I had several routes loaded on the Gaia app but if I am being honest, I was scared shitless of getting lost. More on that later.

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**Alaska Range. Photo by Art O'Connor**

hitting him and tipping over while still clipped in.

Low speed crashes are always where I get hurt. Today was no exception. My left knee was wrenched pretty good, and I found myself pedaling with one leg. Peachy. I settled back into a good pace despite my knee and was with a guy who had done the race before and knew the way around the overflow. This relieved a lot of my concerns about navigation even if it meant going harder than I wanted to.

We made it to the first checkpoint at Butterfly Lake just before dark. The trail was mostly good with minimal walking and no overflow! My new friend and I ate some soup, topped off our water and hit the trail in short order. From here on we had really good trail. My knee was not great, but I kept my mind off it and kept pace with my partner.

The next checkpoint was Yentna Station. I had originally hoped to make it past that to Skwentna on the first day. When we rolled into Yentna around midnight I made the choice to buy a meal and a bed in the hopes of giving my knee some relief. After a grilled cheese and soup, I hit the pillow around 1 am and was instantly sound asleep. When my alarm went off at 5:30 it took me a minute to remember where I was.

I rolled out of Yentna around 6:30am in the dark with Tom. Today was going to be mostly river miles for which my knee was thankful. On the flats it was not too bad, and I had plenty of Ibuprofen to take the edge off. Tom and I ride at different paces so I was alone for a while until a friendly guy name Matt caught up

with me after I veered off course for a short time. He and I were about the same speed, and it was nice to have the company. We made it to Skwentna around lunch time to crush the best lasagna I think I have ever eaten.

Shortly after leaving Skwentna, we entered a huge valley. Matt told me this is where the real Iditarod starts. We would be leaving the easy river miles and entering the Alaska Range which we could see in the distance. Not long after that we came upon a group of riders who stopped for a moose in the trail. Moose are the most dangerous animal that we will see in this race. With the snow they WILL NOT get off the trail. A week prior there was a much talked about story of a musher who got stomped in this same area. Before long there were about 20 of us waiting for this moose and trying to figure out how we would get around it. Stepping off the trail meant sinking up to your waist while trying to push a 75lb bike. No wonder the moose wouldn't get off for us! The race director arrived on a snowmobile and tried to scare it off the trail. No luck. At one point it laid down in the trail and the race director launched his drone to get it to move. It did move. Towards us! A warning shot from a pistol thankfully stopped the charge. We had no choice but to try and push this moose down the trail to an intersection to get around it.

Two hours later we finally had clear trail. We were running out of daylight and were told the next checkpoint stopped serving dinner at 7 o'clock! Needless to say, our pace got pretty aggressive. We rolled into Shell Lake at 7pm. The bar owner was actually really happy to see us and to hear that a bunch more were behind us. Everyone got a warm meal! While the bar owner made a great meal and was extremely nice his trail reports were uh, suspect. He told us to get ready for the fastest best trail we have seen yet. The next checkpoint, Finger Lake, was only 3 hours away. Matt and I decided to head out knock off some easy miles. Well, 6 hours later, and a lot of walking we rolled into Finger Lake. Today was 18 hours and would be my longest push of the trip. I was tired but happy.

Another 5am wake up and we were back on the trail to Rainey Lodge. We were deep in the Alaska Range now and the easy river miles

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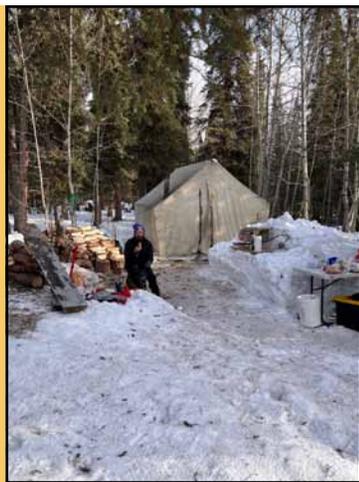
**Art at the summit of Rainy Pass on the Iditarod Trail. Photo by Art O'Connor**

were a fading memory. My knee was really pissed, and I had to walk hills that I would normally ride. As much discomfort as I was in today was the most beautiful and powerful part of the course for me. The Alaska Range is spectacular, and I was feeling so humbled to be able to see it in this way. I am not a religious man, but I really felt blessed. I was glad to have Matt with me. He was having his own physical issues, but we never spoke of it.

Also, he knew a way around the infamous butt slide that precedes the Happy Steps. It is a descent so steep you can't ride it. The technique is to hold your bike in front of you as you slide down on your butt. I was glad to miss that. The Happy Steps are what take you up from a brief section of the Skwentna River. Riding them is definitely not an option. Steeper than the steepest section of Puke Hill on the Wasatch Crest Trail in Salt Lake City, and about 800 meters long.

Basically, you push your bike in front of you. Grab the brakes, take a few steps up and repeat. It is that steep. We had caught up to 2 more riders at that point and we were all talking about the steak dinner waiting at Rainy Pass Lodge. I was in a really bad way, physically this would be my hardest day. I never considered stopping but I was fighting for every inch of forward progress. We rolled into Rainy Pass Lodge around 5pm. I was so happy to get off the bike that day. Dinner wasn't steak but it was amazing. BBQ Ribs and Chicken. I normally don't like meat on the bone but on this day, I think an ant would have starved if they found my plate of bones.

I was planning full night's sleep here but reports of a storm coming meant another 4am alarm. Today we would hit the high point of the course, Rainy Pass. The trail here is exposed and prone to being blown



**Rohn. Photo by Art O'Connor**

in. I wanted to avoid that if possible. I set out alone into dark as it was just starting to snow. The first part of the climb was good going and even with my bum knee I was able to ride most of it. The flat section after that which connects to the final climb though was a soft mess made worse by a group of snowmobilers who passed me earlier. Lots of walking.

This section though was amazing. It looked like a scene out of Game of Thrones. I was expecting White Walkers at any minute! There were also hundreds of ptarmigans in the area. In the low light I could not see them since they are white, but I could sure hear them! Their weird call only added to the surreal landscape. I reached the summit around 10:30am. Took the obligatory selfie and bike leaning on the sign picture and then began my descent to Rohn, the next checkpoint. It was slow going at first as the trail was soft and blown in. Once I got into the trees though I had some of the most fun trail of the trip. I saw a few moose, well off the trail thankfully, and rolled into Rohn. Around 2:30pm I met up with Matt again. We also caught up with his sister Janice. After eating as much as I could and filling my thermos and hydration pack, we set out again with another guy I had ridden with a bit, Rob.

From Rohn to Nicolai would be the longest stretch between checkpoints. 80ish miles. Immediately after leaving Rohn, we faced the scariest part of the ride for me. We finally had real overflow to deal with on the Tatina River. Up to that point we were delighted with the fast, good ice on which we were riding. Just as we were within sight of where we would depart the river, we lost the good ice. We were looking at crossing 100 meters or so of what looked like open water. I was freaking out internally trying to hold it together. Matt and Janice having done this race a bunch knew this was no big deal. We all put our wad-



**The Burn. Photo by Art O'Connor**

ers on. And I watched as Rob took the lead and waded across the open water. He made it across. Hell yes.

Now I just mentioned waders. Well, somehow, I managed to leave mine in the bunkhouse that morning, so my waders were 2 trash compactor bags that I thankfully packed as a SHTF situation (one is none 2 is one). I was not super confident they would make it across without tearing. So here I am walking SLOWLY across knee deep water on top of ice that I could hear and feel cracking under the combined weight of me and my bike. I am sure that was the highest heart rate I had the entire ride. I did make it across, and the bags held. Hail Odin!

The next section of trail is known as the Farewell Burn. The site of a huge wild fire in 2009, it still has not fully recovered. This section of trail is noted for not having much snow. We had long stretches of dirt trail. There is also a wild bison herd in the area. We did not see any but saw plenty of dung! We also had a big tailwind, so we were making really good time, for now. This would be the only night I would have to bivvy. As we got deeper into the Burn, we started looking for a place to camp for the night. Around midnight we did find a low spot out of the wind and set up camp.

We all set out around 7am the next morning. My knee had taken a turn for the worse as did the trail. The Irondog Snowmobile race had used this same trail a few days prior. Apparently, what the leaders do is when they get in the trees where they can't be seen they stop and do a burn out. A lot of them. The result is an 18" trench where the track was and huge squared off mounds of snow between them. The do this to slow



**Art at the finish of the 2022 Iditarod Trail Invitational. Photo courtesy Art O'Connor**

down the riders behind them. Nice sportsmanship huh?

Anyway, I was unable to pedal over these mounds and found myself wishing all manner of plague and pestilence on the snowmobilers. I would guess I walked 12-20 miles that day. There is nothing in this section of trail in terms of support or villages. There is Sullivan Creek though, which has a drinkable creek with a bridge over it. My plan was to make it there and then cook a meal. I arrived around 3pm and had a nice little feast of freeze-dried Shepard Pie and some tea. Miraculously the trail began to improve here and I made it to Nicolai around 7pm.

At Nicolai I smashed down 2 massive cheeseburgers. This would be the last checkpoint before the finish in McGrath, only 40 miles to go! We had free indoor sleeping at the community center in Nicolai. I set my alarm for 3am and slept like a log. I set out at 3:30 after a bowl of oatmeal and ramen. It was pretty windy and with mostly river miles to go the trail was getting blown in. I was not worried about getting lost, but I was hoping to make a better pace. I rode this entire section alone. I spent the time thinking about how far I had come. The amazing people I met. How much discomfort I dealt with. It was a mix of being relieved to be almost done, and yet wishing it would never end. I missed my wife; I missed my dog. Still though, part of me wanted to keep going. This entire trip I was more present than at any other time in my life. The days are remarkably simple. Wake up and ride.

I made it to the finish in McGrath at 1:08pm. 4 days 22 hours and 45m after I left Knik. It was over. A year of planning, training, testing gear, over. I knew Suzanne was cheering in Salt Lake and that she probably got less sleep than I did these past few days. I would not have been able to do this without her support, I could not wait to get back to her. At the finish line, I was reunited with a lot of the folks I met along the trail. We spent the rest of the day and evening telling tales about our adventure and experience. It was a really special way to wrap things up.

When I started this, I had a performance goal in mind. I did not meet it. I have spent a lot of time thinking about it since the finish. Would going faster have made this a better experience? The answer is a hard NO? Ultimately, I went to Alaska to test myself, to find adventure. What place I got is not relevant. As a younger man I would have focused just on that and been pissed I didn't get the place I wanted. That would have taken away from the sheer beauty of this event. I will always be a racer at heart, but I have to say that bikepacking and multi-day trips are something I never thought I would enjoy but now I am obsessed. That is the cool thing about bikes. Even after 30 years of riding I am still finding new things to do. Thanks for reading. Hopefully, this encourages you to find your own adventure.

Art O'Connor is the owner of WUKAR Fit ([wukar.com](http://wukar.com)), making stronger cyclists one rep at a time since 2012.

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## BICYCLE TOURING

**California Coast Tour (Silicon Valley to Big Sur)**

Highway 1 to and through Big Sur and beyond is an iconic road. Photo by Tom Diegel



Only tractor traffic, with Highway 101 just a distant memory. Photo by Tom Diegel



The closed gate...leading to the best riding of the trip. Photo by Tom Diegel

**By Tom Diegel**

The California Coast is legendary for bike touring. It makes up a long, critical section of the Pacific Coast route that extends from Alaska to South America. In the fall of 2021, my wife Ashley and I had an opportunity for a longish road trip through California that focused on doing a few bikepack/bike tours by the ocean. California is understandably famous for its cycling: the huge size of the state, the wide array of environments from rain forest to desert to vast farmlands to one of the biggest mountain ranges in the lower 48, very mild weather, and it's home to a lot of adventurous and speedy cyclists up and down the state. We wanted to do sections of the Pacific Coast route, but we weren't going to be able to do long point to point tours, so we worked on finding some fun loops that would take us along the coast and then up and over the mountains to return on the inland side. We anticipated figuring out some nice alternatives, but what we didn't expect is a rogue "atmospheric river" that would change our course.

California has been in a long-term, well-advertised drought, but long-term droughts don't care about short-term, moisture-laden storms

raging out of the South Pacific, and the two days prior to the start of our ride the northern California coast and Bay Area got drenched with over a foot of rain. As the storm moved east and the skies cleared and crews started cleaning up, we pondered our tour start in the Silicon Valley area at the base of the Santa Cruz mountains.

Our relatives had lost a huge tree when the ground holding its roots got unusually liquified, so we knew we had to strategize how to get over unfamiliar mountains that were drenched and lost a lot of trees that create the beautiful corridors of hundreds of miles of great, windy, and quiet roads snaking through endless groves of big redwood trees between the South Bay and the coast. But with one exception of downed trees and power lines that had a convenient gravel bypass, our roads were only littered with redwood needles and branches, and we had a long, glorious descent down to the Coast Route, and typical southerly winds welcomed us to roll easily along a scenic coastal plain into the great beach town of Santa Cruz.

Santa Cruz is a quintessential surf town, and in the aftermath of the storm the surf was still raging; the seafront path was full of the typical people riding, skating, strolling, as well as the surfers walk-

ing barefoot back to the point after their epic, mile long rides on perfect waves. Soon the route took us out of the busy town and gave way to thousands of acres of commercial agriculture. We thought the riding through this area might be a bit grim, but likely due to the popularity of the coast cycling route and the fact that California is simply an amazing state in its embrace of The People's recreation, there was a signed route on roads that were mostly used by tractors. It was also fun to see the amazing agriculture of the Salinas Valley; October was harvest time for strawberries, artichokes, Brussels sprouts, cauliflower, broccoli, raspberries, blueberries...and amazingly, much of that farmland looks like prime real estate development land near the coast; seems like California very much appreciates its agriculture as well.

Back at the coast, the route rolls for 18 miles on deserted separated bike path to the next notable town of Monterey, which is famous for its aquarium, which is pretty amazing and absolutely worthy of a few-hour stop, especially if you live in the intermountain West and don't get a chance to partake in the ocean too much.

When riding out of Monterey, it was natural for us to take advantage of a pretty famous and relatively car-free coastal road: 17-Mile Drive. As we toodled around the one-lane road along the coast that was still bursting with storm surf, we saw that it is far

busier with cyclists who ride for free, while for better or worse there's an expensive toll for cars holding way-too-rich folks heading for the two iconic golf courses of Pebble Beach and Cypress Point (both of which Ashley has played but that's another story; almost another life). 17-Mile Drive feeds into the "charming" (code for too-rich) city of Carmel, where we got back on Highway 1 and started heading south in earnest.

Highway 1 to/through Big Sur and beyond is an iconic road; it was built over a period of 40 years and stretches from the Bay Area to Las Angeles, with the Big Sur section being the first to be finished in the 30's, which is quite impressive considering it crosses the most rugged terrain of the California coast, with steep mountainsides tumbling straight onto rocky shores and side canyons slicing through that require impressive bridges across wide and deep chasms, which is interspersed with long corridors of cool, shady redwood trees. It's fame as a cycling route is well-earned; the two lane highway rolls and twists along the torturous coastline, and even though there's not too much traffic, a guy at a Carmel bike shop gave us a hot tip to do a 12 mile gravel detour that took us into the mountains above the famous Bixby Bridge through more redwoods on the shadowed sides and mahogany and sage on the sunny sides.

Not far south of Carmel we had seen a digital electric sign saying "Highway Closed" at some place that wasn't familiar to us; we blithely rode past without giving it much thought; road closures rarely affect cyclists, right? We didn't really understand the history of big rain events creating big landslides down across the road. But as we rolled into the "community" of Big Sur (a store, a state park, and a campground) we heard some folks talking about the closure. Again, they were motorists, and we didn't worry about it much, but then we saw a guy on an enduro motorcycle, and I asked him about it.

"Oh yeah, it's FULLY closed. There was a huge landslide, and there's a huge boulder perched very precariously above the road, and they are trying to figure out how to move it without getting crushed. There's no way around or through the closure, and they got guards there 24/7."

Hmm...that sounded problematic.

He went on: "I live a mile south of the closure, and I'm riding 5 hours around to get home, and they think it'll take at least 5 days to deal with it." The closure was near Gorda, about 45 miles south, and we had planned on camping in the Big Sur campground, so we had some time to ponder our options.

California takes its cycling seriously, so we were excited to roll into the campground and find a designated bike site for \$5. We shared it with a few other cyclists who were on long Pacific Coast road tours, and there was much talk about what to do about the closure. Our original

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A nice cool climb through the Coastal Redwoods. Photo by Tom Diegel



Ashley ascending through the Chapparal. Photo by Tom Diegel

plan was to ride south of Gorda and take a small road over the mountains into the valley on the other side and work our way back north.

A quick look at a map showed us that there was another, smaller Forest Service road that did the same thing about halfway between Big Sur and Gorda, and the problem seemed to be solved, even for the road-intensive tourers, but apparently the prospect of a 2400 foot climb on a small forest road that would probably add a half day was pretty daunting, and of course the Big Rain increased the probability that a small, closed mountain road would have its share of washouts as well.

Our fellow cyclists continued to persevere on "what are we going to do?" the entire rest of the night and the next morning as we prepared to ride, which grew a bit tiresome. As we rolled into the Big Sur Forest Ranger station for the latest info, we saw a Kiwi couple stuffing their bikes into the camper of pickup; they were opting to hitch a ride for the long back-up-and-around detour. We shrugged and just pedaled on to find

our new forest road.

After a couple of hours of riding we got the little road, which had a locked gate across it where it left the Highway 1. No traffic now! As advertised, it was a nice long climb up to pass through surprisingly-burly mountains that went through the heart of the 2020 Dolan fire, which burned 128,000 acres over 3 months, and it was easy to see why it burned so much because of the steepness of the terrain and relative inaccessibility from either the coastal or inland sides. We did ponder the fact that the Big Rain may have had a bigger effect on the burned-out terrain, but while there was plenty of debris strewn onto the road and a couple of minor washouts that would have stopped a car, there were no awkwardly-placed boulders or huge redwoods to impede our progress.

Down a glorious descent into oak grasslands and around the second locked gate we eventually dropped into Fort Liggett. We were warned

Continued on page 14

SATURDAY, JUNE 18, 2022



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**California Coast Tour - Continued from page 13**

by signs every few hundred yards to stay on the road to avoid unexploded ordnance, which was an easy order to follow, and we were happy to pass by an actual working army camp where we were - as always - able to beg some water from some bemused soldiers. We exited the apparently ordnance-laden area on a nice paved road with literally no cars, and eventually the road ended at yet another locked gate, beyond which lay a great double track heading up into the coastal mountains again, with an ultimate plunge into the dramatic limestone gorge of Arroyo Seco Creek, which was un-campable, but we stumbled into a nice campground

with water. It appeared that we were still well-shy of any purchasable food and hadn't quite planned for that situation, so I I asked the campground host where the nearest place was where we could get some snack food for the next day and it was pretty far out of the way, but she said "you know, the firemen working that fire last year had these energy bars and we have a few left; you want those?" Sure, why not? She came back a little later with a grocery bag full of an off-brand protein bar and plopped them down; as much as I wondered how hungry young firefighters couldn't/wouldn't finish those off, I agreed to take all 6 pounds-worth. Some weeks later we



Tom Diegel filling up. Photo by Ashley Patterson

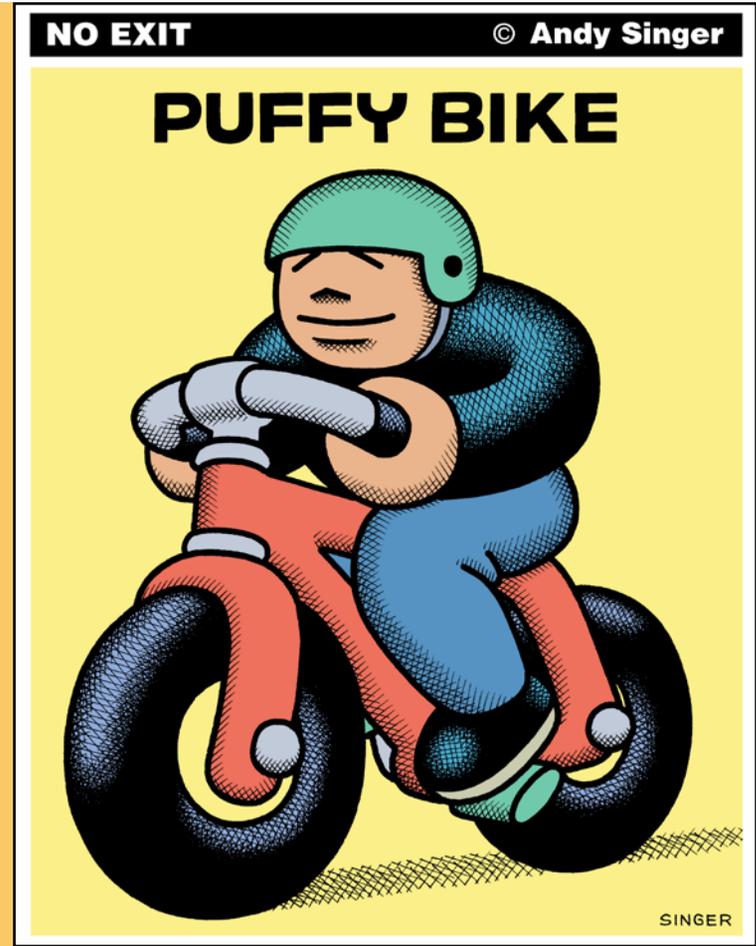
finally and ceremoniously gagged down the last one....

From there we continued to gradually we worked our way northward back into civilization on mostly quiet, serpentine, and roll-y roads, and ultimately ended up at the Laguna Seca car raceway, home to the famed Sea Otter Classic cycling festival that had happened just a couple of weeks prior. In the midst of lots of the surrounding suburbia I knew there was a campground at the raceway, but just as I was about to throw down the extraordinary expense for a site the host said "Oh, by the way, our water is toxic."

Huh? what about the drinking fountains and such at the big raceway? All toxic. I don't know how a cycling festival had happened without potable water. But, okay, we'll figure out something else.

Amazingly, just past Laguna Seca is yet another army base - Fort Ord - but this one has been abandoned and now is just open land riddled with trails. We rode through it and found a nice campsite, I ducked out of the "fort" into a very average neighborhood and begged some water, and then sidled back in for a nice night of camping.

We rolled back through the Salinas valley on the other side of the valley, amazed at the seemingly effortless transition of clearly-wealthy California suburbs and



working-class towns that seemed plucked straight out of Mexico, complete with a far livelier vibe than the relatively sterile suburbs with their plethora of fenced/gated, too-big homes and too many Teslas.

We rode through Santa Cruz heading for what sounded like some more amazing deep redwood forest camping, but as the refreshing mist gradually evolved to an impressively strong rain and we got closer to the latest California strip mall town of Scott's Valley, "camping" gave way to a Best Western and a hot bowl of real Ramen, and the folks cleaning the room the next day earned their tip from all the muddy drippage from our bikes and clothes that we left behind. Fortunately, this latest rain was just a normal rain, and no problems loomed.

While the Santa Cruz mountains aren't big at a couple thousand feet high, they are surprisingly long, and after climbing up to the ridge

from Scott's Valley we had well over 30 miles of undulating, twisty Skyline Drive that took us to the final descent back down to our start in the Silicon Valley.

The California Coast is best known for its incredible through-riding on the iconic Highway 1, but if you're willing to climb into the adjacent coastal mountains and have a bit of adventure, there are some great ways to actually loop the coast. Just be conscientious about big rainstorms that might alter your plans!



Getting water some water from some bemused soldiers. Photo by Ashley Patterson



Ashley Patterson riding California's iconic Highway 1. Photo by Tom Diegel



Tom weaving on a steep climb on the coast. Photo by Ashley Patterson

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**COACHING**

**Questions to Ask Yourself After a Bad Ride**

By Sarah Kaufmann

A bad ride or race can really cut us to our core. If you have been working hard, preparing and training consistently, it can be pretty demoralizing to feel like the energy and time you have put in is not paying off. Sometimes it feels like a bad ride or race is a deeper reflection of your identity as a person or athlete. Try to separate those feelings of inadequacy and view this as a singular outcome and an opportunity to gain experience. (If you are interested in learning more about how to modify your psychology around this, look up Brenè Brown's work on guilt versus shame).

There are some days that are hard to explain and we don't have

a clear way to identify what went wrong. But usually there are one or more reasons things didn't go as we would like or expect and here are some questions to help identify what might be the cause. I write these considerations to be relevant for both a key workout and for a race/event. When an athlete I coach writes in their notes that the workout or event didn't go well, here are the items we address generally in order:

If they are training with power and we have a clear idea of where their fitness is, we need to first assess their expectations. Was it as bad as they think? If it's a race result, is their expectation in line with their current fitness? Are they simply being too hard on themselves?

If it was a race and below the athlete's current ability, we dig and

find what specifically caused the outcome. In a gravel, MTB, or CX race, was the athlete losing time in pedaling sections or technical sections? In the above or a road race, were there tactical errors made?

If there is both heart rate and power data, I look at both and compare whether heart rate is abnormally high or low for the power output. Abnormally high HR, especially with poor recovery, could be related to heat, dehydration, central nervous system dysregulation (some kind of outside stress), lack of sleep, sub optimal taper, altitude, the athlete may be on the verge of getting sick, there may have been a fueling issue, or many other things and it does indicate that something is off. A clue to dig in further. Unusually low heart rate for the power output could indicate general fatigue or overtraining, also a fueling issue, cold temperatures, and, again, many other things but, also again, a sign that something is off. If there is no power but we do have heart rate data, we can still get an idea of whether HR was high or low compared to how this person's HR typically behaves at those intensities. If this is the case for you, assess whether you felt like you were pushing as hard as you could and at your physical max, but you weren't going as fast as you could reasonably expect OR did it feel like you could not access deeper intensities and you felt governed.

What did you eat and drink during the event? If you are confident that your endurance fitness is solid, but you faded late in the race, there is a good chance you did not fuel or hydrate appropriately. If your in-race fueling and hydration seems adequate and appropriate, go through what you ate and drank in the 24-36 hours prior to the race, with extra consideration to the 4-6 hours leading up to the race. Was that balanced and adequate? Were those foods and drinks you have used before with success?

Did you get enough sleep in the leadup to the event? We worry less about the night immediately before

**Transportation Alternatives to Receive Increased Federal Funding**

More than twice as much money for Transportation Alternatives (TA) will become available under the new surface transportation law. But the law is changing too in ways that make it more likely that bicycle programs will get a fairer share. The Federal Highway Administration (FHWA) issued some guidance for states to implement the law.

The new law gradually increases TA funding from \$850 million in Fiscal Year 2021 to about \$1.38 billion in FY 2022, up to nearly \$1.5 billion by FY 2025, which states can use for a variety of projects such as building bicycle facilities, Safe Routes to School (SRS), and safety assessments.

The new law also requires states to get federal permission before they transfer money from TA to other highway programs. FHWA's guidance gives states permission to use the funds to administer the program and provide technical assistance to localities in applying for and using the money. States may also use the funds to pay a statewide SRS coordinator. States may not, however, use TA money to pay a state bicycle or pedestrian coordinator, though they may fund such positions with other Surface Transportation Block Grant or Congestion Mitigation & Air Quality (CMAQ) money.

States may use CMAQ grants for bike and scooter sharing programs and for non-construction bike safety activities.

See [https://www.fhwa.dot.gov/environment/transportation\\_alternatives/guidance/ta\\_guidance\\_2022.pdf](https://www.fhwa.dot.gov/environment/transportation_alternatives/guidance/ta_guidance_2022.pdf)

-Charles Pekow

but pay more attention to the general trend over the several nights prior.

If the rider is a woman, is she about to start her menstrual cycle? Women experience ups and downs with training as related to the timing of their cycle. We typically see a decrease at some training intensities (largely max and neuromuscular power production) in the week or so prior to menstruation and/or around ovulation. Although this is often mitigated in a race situation, a poor race could be attributed to the timing of her cycle. A poor training session could more likely be attributed to such. Tracking your cycle is a great tool for this purpose and can help pinpoint the likelihood. The Notes app on your phone or a dedicated app for this purpose can be really useful. Although sprint and neuromuscular power production are the intensities most likely to be affected, PMS can affect overall energy levels and increase the requirement for exogenous carbohydrate. So, the need to stay on top of fueling becomes a higher priority and what you might normally think is adequate could be leaving you under fueled. Likewise, core temperature is elevated in the days prior to menstruation, so the likelihood of being under hydrated increases as well.

Finally, were there outside factors that may have contributed to a poor outcome? Was it excessively hot or cold and/or were you not acclimatized for those conditions or was your clothing not appropriate for the temperatures? Was the start time earlier or later than your normal ride time and could that have thrown off your rhythm? Were you at high altitude compared to where you normally live/train? Each of these different factors could be their own column and each of them can be mitigated with some planning and different protocols.

A "bad" ride or race is an opportunity to learn. A win or a great ride feels good, but it doesn't provide us with those same opportunities. Try to shift your perspective so disappointment is not a reflection of yourself but an opportunity for growth. Ask yourself these questions and see if you can avoid the same mistakes going forward.

Sarah Kaufmann is the owner of K Cycling Coaching. She is an elite level XC and CX racer for DNA Pro Cycling Team. She is based in Salt Lake City, UT and can be reached at [sarah@kcyclingcoaching.com](mailto:sarah@kcyclingcoaching.com) or 413.522.3180.



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Nevada City, CA 95959  
530-265-2187  
[tourofnevadacity.com](http://tourofnevadacity.com)

**Dr. J's Bicycle Shop**

1693 Mission Dr.  
Solvang, CA 93463  
805-688-6263  
[www.djsbikes.com](http://www.djsbikes.com)

**COLORADO**

**Fruita**

**Colorado Backcountry Biker**  
150 S Park Square  
Fruita, CO 81521  
970-858-3917  
[backcountrybiker.com](http://backcountrybiker.com)

**Over the Edge Sports**

202 E Aspen Ave  
Fruita, CO 81521  
970-858-7220  
[otesports.com](http://otesports.com)

**WYOMING**

**Jackson Area**

**Fitzgeralds Bicycles**  
500 S. Hwy 89  
Jackson, WY  
[fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)  
307-201-5453

**Hoback Sports**

520 W Broadway Ave # 3  
Jackson, Wyoming 83001  
307-733-5335  
[hobacksports.com](http://hobacksports.com)

**Hoff's Bike Smith**

265 W. Broadway  
Jackson, WY 83001  
307-203-0444  
[hoffsbikesmith.com](http://hoffsbikesmith.com)

**The Hub**

410 W Pearl Ave  
Jackson, WY 83001  
307-200-6144  
[thehubbikes.com](http://thehubbikes.com)

**Teton Bike**

490 W. Broadway  
Jackson, Wyoming 83001  
307-690-4715  
[tetonbike.com](http://tetonbike.com)

**Teton Village Sports**

3285 W Village Drive  
Teton Village, WY 83025  
[tetonvillagesports.com](http://tetonvillagesports.com)

**Wilson Backcountry Sports**

1230 Ida Lane  
Wilson, WY 83014  
307-733-5228  
[wilsonbackcountry.com](http://wilsonbackcountry.com)

**IDAHO**

**Boise**

**Bob's Bicycles**  
6681 West Fairview Avenue  
Boise, ID 83704  
208-322-8042  
[www.bobs-bicycles.com](http://www.bobs-bicycles.com)

**Boise Bicycle Project**

1027 S Lusk St.  
Boise, ID 83796  
208-429-6520  
[www.boisebicycleproject.org](http://www.boisebicycleproject.org)

**Custom Cycles**

2515. N. Lander St.  
Boise, ID 83703  
208-559-6917  
[harloebikes@icloud.com](mailto:harloebikes@icloud.com)  
[facebook.com/Custom-Cycles-1071105139568418](https://www.facebook.com/Custom-Cycles-1071105139568418)

**Eastside Cycles**

3123 South Brown Way  
Boise, ID 83706  
208.344.3005  
[www.rideeastside.com](http://www.rideeastside.com)

**George's Cycles**

312 S. 3rd Street  
Boise, ID 83702  
208-343-3782  
[georgescycles.com](http://georgescycles.com)

**George's Cycles**

515 West State Street  
Boise, ID 83702  
208-853-1964  
[georgescycles.com](http://georgescycles.com)

**Idaho Mountain Touring**

1310 West Main Street  
Boise, ID 83702  
208-336-3854  
[www.idahomountaintouring.com](http://www.idahomountaintouring.com)

**Ridgeline Bike & Ski**

10470 W. Overland Rd.  
Boise, ID 83709  
208-376-9240  
[ridgelinebikenski.com](http://ridgelinebikenski.com)

**Spokey Joe's Bikes & Gear**

2337 S. Apple St.  
Boise, ID 83706  
208-202-2920  
[spokeyjoe.com](http://spokeyjoe.com)

**TriTown**

1517 North 13th Street  
Boise, ID 83702  
208-297-7943  
[www.tritownboise.com](http://www.tritownboise.com)

**Rolling H Cycles**

115 13th Ave South  
Nampa, ID 83651  
208-466-7655  
[www.rollinghcycles.com](http://www.rollinghcycles.com)

**Victor/Driggs**

**Fitzgeralds Bicycles**  
20 Cedron Rd  
Victor, ID 83455  
208-787-2453  
[fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com)

**Habitat**

18 N Main St,  
Driggs, ID 83422  
208-354-7669  
[ridethetetons.com](http://ridethetetons.com)

**Peaked Sports**

70 E Little Ave,  
Driggs, ID 83422  
208-354-2354  
[peakedsports.com](http://peakedsports.com)

**Idaho Falls**

**Bill's Bike and Run**

930 Pier View Dr  
Idaho Falls, ID  
208-522-3341  
[billsbikeandrun.com](http://billsbikeandrun.com)

**Dave's Bike Shop**

367 W Broadway St  
Idaho Falls, ID 83402  
208-529-6886  
[facebook.com/DavesBikeShopIdahoFalls](https://www.facebook.com/DavesBikeShopIdahoFalls)

**Idaho Mountain Trading**

474 Shoup Ave  
Idaho Falls, ID 83402  
208-523-6679  
[idahomountaintrading.com](http://idahomountaintrading.com)

**Pocatello**

**Barries Ski and Sport**

624 Yellowstone Ave  
Pocatello, ID  
208-232-8996  
[barriessports.com](http://barriessports.com)

**Element Outfitters**

222 S 5th AVE  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Element Outfitters**

1570 N Yellowstone Ave  
Pocatello, ID  
208-232-8722  
[elementoutfitters.com](http://elementoutfitters.com)

**Rexburg**

**Sled Shed**

49 East Main St  
Rexburg, ID, 83440  
208-356-7116  
[sledshedshop.com](http://sledshedshop.com)

**Twin Falls**

**Epic Elevation Sports**

2064 Kimberly Rd.  
Twin Falls, ID 83301  
208-733-7433  
[epicelevationsports.com](http://epicelevationsports.com)

**Spoke and Wheel**

148 Addison Ave  
Twin Falls, ID83301  
(208) 734-6033  
[spokeandwheelbike.com](http://spokeandwheelbike.com)

**Cycle Therapy**

1542 Fillmore St  
Twin Falls, ID 83301  
208-733-1319  
[cycletherapy-rx.com/](http://cycletherapy-rx.com/)

**Salmon**

**The Hub**  
206 Van Dreff Street  
Salmon, ID 83467  
208-357-9109  
[ridesalmon.com](http://ridesalmon.com)

**Sun Valley/Hailey/Ketchum**

**Durance**

131 2nd Ave S  
Ketchum, ID 83340  
208-726-7693  
[durance.com](http://durance.com)

**Power House**

502 N. Main St.  
Hailey, ID 83333  
208-788-9184  
[powerhouseidaho.com](http://powerhouseidaho.com)

**Sturtevant's**

340 N. Main  
Ketchum, ID 83340  
208-726-4512  
[sturtevant-sv.com](http://sturtevant-sv.com)

**Sun Summit South**

418 South Main Street  
Hailey, ID 83333  
208-788-6006  
[crankandcarve.com](http://crankandcarve.com)

**The Elephant Perch**

280 East Ave  
Ketchum, ID 83340  
208-726-3497  
[elephantperch.com](http://elephantperch.com)

**NEVADA**

**Boulder City**

**All Mountain Cyclery**

1601 Nevada Highway  
Boulder City, NV 89005  
702-250-6596  
[allmountaincyclery.com](http://allmountaincyclery.com)

**ELY**

**Sportsworld**

1500 E Aultman St  
Ely, NV 89301  
775-289-8886  
[sportsworldnevada.com](http://sportsworldnevada.com)

**Las Vegas**

**Giant Las Vegas**

9345 S. Cimarron  
Las Vegas, NV 89178  
702-844-2453  
[giantlasvegas.com](http://giantlasvegas.com)

**Las Vegas Cyclery**

10575 Discovery Dr  
Las Vegas, NV 89147  
(702) 596-2953  
[lasvegascyclery.com](http://lasvegascyclery.com)

**NEW MEXICO**

**Bosque Mobile Bicycle Repair**

Albuquerque, NM  
[bosquemobilebicyclerepair.com](http://bosquemobilebicyclerepair.com)

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2019 EVENT CALENDARS INSIDE!

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WESTERN STATES

CALENDAR OF EVENTS

Calendar Guidelines:

Listings are free on a space available basis and at our discretion.

Submit your event to:

calendar@cyclimgutah.com with date, name of event, website, phone number and contact person and other appropriate information.

Let us know about any corrections to existing listings!

Utah BMX

RAD Canyon BMX — South Jordan, UT, Indoor and outdoor BMX racing. Location: 5200 W, 9800 South, Practice Tuesday 6:30-8:30, Race Thursday, Registration 6:00-7:00, Race at 7, May through September (practices starting in April with additional practices on Tuesdays through May), Dallas Edwards, 801-803-1900, radcanyonbmx@radcanyonbmx.com, radcanyonbmx.com

Legacy BMX — Farmington, UT, Indoor bmx racing at the Legacy Events center 151 South 1100 West, Farmington, UT, Practice Wednesday 6:00-9:00; Race Saturday, May through September, Kevin, 801-698-1490, kevin@kikphoto.net, lbrm.com, radcanyonbmx.com/Rad\_Canyon\_Legacy\_Outdoor\_Schedule\_2014.pdf

May 15, 2022 — USA Cycling Elite BMX National Championships, Tulsa, OK, Chuck Hodge, 719-434-4200, chodge@usacycling.org, usacycling.org

Advocacy

Bike Utah — UT, Utah's Statewide Advocacy Group. They work on education and other bike related advocacy, Jenn Oxborrow, 385-831-1515, jenn@bikeutah.org, bikeutah.org

Salt Lake City Mayor's Bicycle Advisory Committee (MBAC) — Salt Lake City, UT, Meetings are the 3rd Monday of the month from 5-7 pm in the SLCT Transportation Division Conference room, Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.com, bikeslc.com

Salt Lake County Bicycle Advisory Committee — Salt Lake City, UT, The SLCBAC committee works to improve cycling conditions in Salt Lake County and is an official committee. Meetings are the second Wednesday of each month from 5:30-7:30 pm and are held in Suite N-2800 of the Salt Lake County Government Center, 2005 N. State St., Salt Lake City, UT, Helen Peters, 801-468-4860, hpeters@slcco.org, bicyclicslcco.org

Weber Pathways — Ogden, UT, Weber County's trails group. We are committed to the idea that a non-motorized network of public pathways significantly contribute to our community's economic vitality and quality of life, Mark Benigni, 801-393-2304, wp@weberpathways.org, Rod Kramer, 801-393-2304, rod@weberpathways.org, weberpathways.org

Moosknucker Alliance — St. George, UT, We accept all types and styles of riders; most importantly we want people to ride their bikes and enjoy doing it. Most of us love riding our bikes in all types of weather and in multiple disciplines. The Alliance is located in Southern Utah and has group rides to help people get out, meet new friends, and most importantly, have fun riding their bikes, Lukas Brinkerhoff, 435-632-8215, lukas@moosknuckeralliance.org, moosknuckeralliance.org

Mountain Trails Foundation — Park City, UT, Park City's Trails Group, Charlie Sturgis, 435-649-6839, charlie@mountaintrails.org, mountaintrails.org

Bonneville Shoreline Trail Committee — Salt Lake City, UT, Volunteer to help build the Bonneville Shoreline Trail. (801) 485-6974 or visit our web page, Dave Roth, 801-824-5339, bonnevillshorelinetrail@gmail.com, bonnevillshorelinetrail.org

Parley's Rails, Trails and Tunnels (PRATT) — Salt Lake City, UT, PRATT is a 501(c)(3) nonprofit organization, run by volunteers. The mission of the Parley's Rails, Trails and Tunnels (PRATT) Coalition is to assist city, county, state and federal agencies and other public and private partners in completing a multi-use trail along I-80 via Parley's Creek Corridor and the Sugar House Rail Spur to connect the Weiser River Trail, a rail conversion trail with the Provo/Jordan River Parkway, Juan Arce-Larreta, 801-694-8925, parleystrail@gmail.com, parleystrail.org

Provo Bike Committee — Provo, UT, Please join us every first Thursday of the month at 5 pm at 48 N. 300 W. to help make Provo a more bicycle-friendly community., Heather Skabelund, 971-404-1557, bikeprovo@gmail.com, Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org

Dixie Trails and Mountain Bike Advocacy — St. George, UT, Cimarron Chacon, 970-759-3048, info@groraces.com, dmbta.org

Southern Utah Bicycle Alliance — St. George, UT, Southern Utah's road advocacy group., Craig Shanklin, 435-674-1742, southernutahbicycle@gmail.com, southernutahbicyclealliance.org

WOBAC - Weber Ogden Bicycle Advisory Committee — Ogden, UT, Josh Jones, 801-629-8757, joshjones@ogdencity.com

Idaho Bike Walk Alliance — Boise, ID, Idaho's Statewide bicycle advocacy organization, Cynthia Gibson, 208-345-1105, cynthia@idahobike.org, idahobike.org

Greater Arizona Bicycling Association — Tucson, AZ, Arizona's Statewide bicycle advocacy organization, Eric Post, president@bikegaba.org, bikegaba.org

Coalition of Arizona Bicyclists — Phoenix, AZ, Statewide bicycle advocacy organization, Bob Beane, 623-252-0931, cazbike@cazbike.org, cazbike.org

Wyoming Pathways — Wilson, WY, Statewide bicycle advocacy organization, Tim Young, 307-413-8464, wyopath.org

Bicycle Colorado — Denver, CO, Statewide bicycle advocacy organization, Dan Grunig, 303-417-1544, info@bicyclecolorado.org, bicyclecolorado.org

Bike Walk Montana — Helena, MT, Statewide bicycle advocacy organization, Taylor Lonsdale, bznbybike@gmail.com, Doug Haberman, 406-449-2787, info@bikewalkmontana.org, bikewalkmontana.org

Salt Lake Valley Trails Society — Salt Lake City, UT, Salt Lake Valley's natural surface bicycle trails non-profit., Kevin Dwyer, kevin@saltlakevalleytrailsociety.org, saltlakevalleytrailsociety.org

Teton Valley Trails and Pathways (TVTAP) — Jackson, WY, Promotes trails and pathways in the Wydaho area of Wyoming and Idaho., Dan Verbeien, 208-201-1622, dan@tvtap.org, tvtap.org, tetonbiketfest.org

Bike Orem — Orem, UT, The Orem Bicycle Coalition exists to cultivate a more bicycle friendly community in Orem so that more residents will be able and excited to ride in our community. We do this by encouraging bicycle safety, accessibility, inclusivity, and infrastructure to the community and its residents. Come join us! Currently we are meeting on the second Wednesday of each month, from 5:30pm to 7:00pm at Mad Dog Cycles. The address is 350 North Orem Blvd, Orem, UT 84057, Randy Gibb, 801-222-9577, randy@maddogcycles.com, bikeorem.weebly.com

Events, Swaps, Lectures & Bike Month Events

May 1-31, 2022 — Reno, Sparks, Truckee Bike Month, Bike Month, Reno Bike Week, Reno, NV, Commute by bike in Washoe County. Log your miles. Tons of other events too, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org/bike-month

May 1-31, 2022 — Flagstaff Bike Month, Bike Month, Flagstaff, AZ, Bike to work, record your commute, win prizes! Bike challenge, Kidical Mass, Silent Auction, and more, Anthony Quintine, 928-526-7704, info@flagstaffbiking.org, kyle.hornbeck@flagstaffbiking.org

May 1, 2022 — National Ride A Bike Day, Utah Bike Month, Everywhere, UT, Celebrating National Ride A Bike Day is simple: go for a ride -- any ride. Whether it's a short trip on a bikeshare bike or a double century, any way you choose to ride a bike is the right way to ride a bike, None, noemail@cyclimgutah.com, bikeleague.org

May 1-31, 2022 — Provo Bike Month, Utah Bike Month, Provo, UT, Tons of events throughout the month: 4/30 (Sat) - Tree ID & Provo River Bike Bioblitz at Paul Ream Park 9am-4 (Wed) - Basic Bicycle Maintenance Class 7pm - 8pm (Thu) - Bike to Work (or Anywhere) Day 7:30-9am/5:30 (Fri) - Re-Imagine Impview Dr. Project, 6pm-7 (Sat) - Slate Canyon Saturday (service and educational event) 9AM-12PM - Conserve Utah Valley/7 (Sat) - Re-Imagine Impview Dr.

Party, 7pm-11 (Wed) - Intro to Bike Camping Class 7pm - 9pm/13 (Fri) - Morning Social Ride (Utah Lake breakfast ride) 7:30am - 9pm/14 (Sat) - FFURR (Fun, Fun Underground Forest Race) 6:30pm - Mt. Timpanogos Bike Skills Parks/14 (Sat) Golden Spoke Ride 8am start time- UDOT/15 (Wed) - Ride of Silence 7PM, Dixon Middle School/15 (Fri) - Evening Social Ride (Cargo bike/e-bike round-up) 6:30pm - PBC5/21 (Sat) - Motherload Screening in Springville- Hobble Creek Bicycle Association/27 (Fri) - Bike-In Movie Napoleon Dynamite at Lions Park 8pm - Provo City (Evening Social Ride-Bike to the Movie, 7pm - 9pm), Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org, bikeprovo.org

May 4, 2022 — National Bike to School Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to school., None, noemail@cyclimgutah.com, walkbiketoschool.org

May 5, 2022 — Bike to Work Day in Provo City, Utah Bike Month, Provo, UT, Provo businesses will host stations located throughout the city and hand out free breakfast, drinks, and other treats to people who arrive by bike from 7:30 - 9:00 am. (Provo City's breakfast station will be open at 6:30 am for early bird riders.) Pick up some breakfast and coffee, get to know your fellow commuters., Aaron Skabelund, 385-207-6879, askabelund@gmail.com, bikeprovo.org, facebook.com/events/176659717609495

May 7-8, 2022 — Reno River Roll, Bike Month, Reno Bike Week, Reno, NV, A seven mile family-friendly slow roll along the Truckee River. Costumes welcome, Truckee Meadows Bicycle Alliance, 775-323-4488, info@bikewashoe.org, bikewashoe.org, renoiverfestival.com/reno-river-roll

May 7-8, 2022 — Park City High School Mountain Bike Team and the Young Riders Bike Swap, Park City, UT, Benefits Park City High School Mountain Bike Team and the Young Riders Youth Mountain Biking Program. Located at Utah Film Studios: 4001 Kearns Blvd. Park City, UT, Saturday, May 7 8am-5pm and Sunday May 8 11am-3pm. Buy or sell gear. Need a bike? Need to get some of that old equipment out of your garage? This is the perfect opportunity, and proceeds raised at this event help to fund the Park City High School Mountain Bike Team and the Young Riders organization based out of Park City, UT. To sell your gear you can drop off your bike and fill out the information at Jan's Mountain Outfitters (1600 Park Avenue, Park City) or White Pine Touring (1790 Bonanza Drive, Park City) during store hours from April 23- May 4, or at Utah Film Studios: 4001 Kearns Blvd, Park City, Utah on May 5, 3-7pm, May 6, 2-8 pm, Julie Minahan, 435-640-8642, julie.minahan@gmail.com, Lucy Best, 760-815-6043, biglucy2000@yahoo.com, youngriders.com

May 14-15, 2022 — Cole Sport Bike Swap, Park City, UT, 9-5 Sat., 9-3 Sun. \$20 fee if bike sells. Proceeds go to Mountain Trails Foundation. Drop bikes off at Cole Sport, 1615 Park Ave, on 5/13. Pick-up is by 3 pm on 5/15., Scott Dedevoir, 435-649-4806, scottdudevoir@colesport.com, mountaintrails.org, colesport.com

May 16-20, 2022 — National Bike to Work Week, Utah Bike Month, Salt Lake City, UT, Week-long festival with events, Bike to Work Day, and more., None, noemail@cyclimgutah.com, cyclimgutah.com/event-calendars/bicycling-events-swaps-and-festivals/

May 16-20, 2022 — Boise Bike Week, Bike Month, Boise, ID, Bicycle Commuting Workshop - Tuesday, May 17 - George's Cycles, Bike Week Kick-off - Wednesday, May 18 - Highlands Hollow, Family-friendly Social Ride - Thursday, May 19 - Cassia Park, Bike to Work Day - Friday, May 20 - Locations around Boise, bi-annual bike counts are upon us once again and this time we are counting for the entire month of May, Lisa Brady, 208-761-8507, tvca@biketreasurevalley.org, boisebikeweek.org, biketreasurevalley.org

May 16-20, 2022 — Bike to Work and School Week, Utah Bike Month, Logan, UT, Bike events and bike passport around Logan, Carly Lanche, 435-755-1646, carly.lanche@cacheounty.org, trails.cachecounty.org

May 16-20, 2022 — Utah Bike to Work Week, Utah Bike Month, All, UT, State employees across Utah are being encouraged to use their bikes to get to work this week. This could include using their bikes in conjunction with public transportation as a means of reducing single-occupancy vehicles on the road, and this time we are encouraging about active transportation options available to commuters., Heidi Goedhart, 801-783-8426, hgoedhart@utah.gov, udot.utah.gov

May 16-20, 2022 — Bozeman Bike Week, Bike Month, Bozeman, MT, Bike Week is the most celebrated week of the year for cyclists everywhere. Bozeman Bike Week is more than just a jamboree of folks who prefer to commute via bicycle, it is also an opportunity to advocate safe cycling practices and routes, and to encourage alternative transportation to members of this great community. Morning and evening events will be happening all week, and knowledgeable volunteers will be available at each stop to offer safe route guidance and answer questions regarding bicycle traffic laws., Alex Lussier, lussiera@notmail.com, Megan Lawson, 406-570-7475, meganmclawson@gmail.com, Gallatin Valley Bicycle Club, publicbikes@gmail.com, gallatinvalleybicyclectub.org, community-events/bike-to-work-week/

May 16-20, 2022 — National Bike to Work Week, Utah Bike Month, Everywhere, UT, A week to climb out of the motor vehicle and onto your bike on your way to work., None, noemail@cyclimgutah.com, bikeleague.org

May 17, 2022 — Salt Lake City Mayor's Bike to Work Day, tentative, Utah Bike Month, Salt Lake City, UT, A mellow ride with Salt Lake City Mayor Jackie Biskupski under police escort. Breakfast, music, and more at 7:00 am, Bike ride begins at 8 am at Northwest Rec Center 1255 W. Clark Ave (300 N), and ends at the Salt Lake City and County Building, Salt Lake City Transportation, 801-535-6630, bikeslc@slcgov.com, Amy Nilsson, 801-535-6167, 801-535-6110, amy.nilsson@slcgov.com, slcgov.com/biketoworkday, slcityevents.com

May 18, 2022 — Ride of Silence, Bike Month, Prescott, AZ, Ride to honor dead and injured cyclists and to honor Amber Harrington who was killed by a drunk driver in 2015. Organized by Bike Prescott. Ride will begin at 5:30pm at the SE corner of the Prescott courthouse square., Patricia David, info@bikeprescott.org, Neil Hannum, 970-759-2126, aztecadventures01@gmail.com, rideofsilence.org, bikeprescott.org

May 18, 2022 — Ride of Silence, Utah Bike Month, Provo, UT, Join the Provo chapter of

the Worldwide Ride of Silence to ride to honor people who were killed or injured while biking this last year and last several years. We will begin at Dixon Middle School and go for a short, slow, silent ride with brief stops at the ghost bike memorials for Doug Crow and Mark Robinson, and return to Dixon Middle School where we will have light refreshments. Meet at 6:30, Dixon Middle School, 750 W 200 N. Ride begins at 7 pm sharp., Lucy Ordaz Sanchez, 801-477-7048, lcyo@provo.edu, rideofsilence.org

May 20, 2022 — Bike To Work, School, and Play Day, Utah Bike Month, Park City, UT, Hosted at the Parley's Park, Jeremy Ranch and Iroside Elementary Schools. Start the day with a ride to school and receive snacks, drinks, and fun giveaways., Heinrich Deters, 435-649-8710, 435-659-1188, hdeters@parkcity.org, Julia Collins, julia.collins@parkcity.org, Sam Schwoebel, 435-649-1564, ext. 25, sam@basinrecreation.org, Nichole Wilson, 435-649-1564, ext. 33, nichole@basinrecreation.org, basinrecreation.org/event/bike-to-school/

May 20, 2022 — National Bike to Work Day, Utah Bike Month, Everywhere, UT, A day to climb out of the motor vehicle and onto your bike on your way to work., None, noemail@cyclimgutah.com, bikeleague.org

May 20, 2022 — Bike to Wherever Day, Bike Month, San Francisco, CA, Join people across San Francisco in riding your bike to get to wherever you need to go -- or just for fun!, SF Bike Coalition, 415-431-2453, info@sfbike.org, sfbike.org/bike-to-wherever-day/

May 20, 2022 — Bike to Wherever Day, Bike Month, East Bay, CA, It's the Bay Area's biggest day for bicycling, and this year Bike East Bay is bringing you safe, socially distanced fun. Pledge to ride to get all the details, find your nearest energizer station, and get ready for the big day!, Bike East Bay, events@bikeeastbay.org, bikeeastbay.org/events/bike-wherever-day-2022

May 21, 2022 — SLUG Cat Alleycat Bike Race!, Utah Bike Month, Salt Lake City, UT, Starts at Saturday Cycles. This exciting alleycat event features a scavenger hunt bike race that takes you all over Salt Lake City. Bike with the coolest cats you know in town, make new friends and win awesome prizes from our local sponsors! 10th Annual Registration is open between 4-5 pm and at 5 the race will begin. Cyclists will ride around the city to collect points for their manifest. At 7pm we will begin the award ceremony and cyclists can relax for a well-earned celebration., Angela Brown, 801-487-9221, angelaa@slugmag.com, Nick Zunkowski, 801-487-9221, nick@slugmag.com, slugmag.com/slug-cat/

June 12, 2022 — Ride to End Alzheimers, Fort Collins, CO, Come help fuel cutting edge research by fundraising and riding to help in the discovery of treatment and prevention methods for Alzheimer's. Ride options are available for 20, 50, 70, and 100 mile distances., Sara Prevost, 833-239-7433, ride@alz.org, alz.org/ride

August 2-3, 2022 — Big Gear Show, Park City, UT, Bike and Outdoor gear show for retailers only, Lance Camassca, lance@thebiggearshow.com

September 22, 2022 — World Car Free Day, Everywhere, UT, Ride your bike and leave the car at home., None, noemail@cyclimgutah.com, worldcarfree.net

September 23-25, 2022 — North American Handmade Bicycle Show NAHBS, Denver, CO, NAHBS showcases the talents of individuals around the world whose art form is the bicycle. It aims to be a meeting point both online and in person for frame builders and cycling enthusiasts looking for custom-made bikes, for the sharing of ideas, and the promotion of a special industry with a rich history dating back to 1819, Don Walker, 502-265-1122, don@handmadebicycleshow.com, nahbs.com, facebook.com/nahbs

Gravel Races and Rides

May 1, 2022 — Rocky Mountain Roubaix, Huson, MT, A one-day road cycling race inspired by the Spring Classics. Mix of smooth and rugged pavement, ample sections of gravel, undulating terrain, and beautiful Montana landscape. 40-70 miles, 1200-2200 ft gain. Ride or Race. Proceeds benefiting the Zootown Derailleurs youth cycling program, Cory Kaufman, 406-279-4109, cory@competitivevelving.com, Jesse Carnes, jcarnes@competitivevelving.com, rockymountainroubaix.com, montanacycling.net

May 7, 2022 — Three-Quarter Minus Ceykter Gravel Grinder, Sandpoint, ID, Syringa Cyclery, 208-610-9990, syringacyclery@gmail.com, syringacyclery.com

May 7, 2022 — Guffey Huffer Gravel Grinder, Salida, CO, This ride will begin at Subculture Cyclery with a neutral rollout. A mile in, the gravel begins and lasts for the remainder of the ride. This event is fully unsupported and participants will need to be self-sufficient with water, food, warm clothes, and rain gear., Guffey Huffer Gravel Grinder, markpwalker@gmail.com, coloradoes.wordpress.com

May 7, 2022 — Red Bull Rio Grande Gravel, Marfa, TX, 75-mile gravel course that stretches across vast west-Texas landscape and rocky terrain -- testing the physical and mental toughness of all participants. Starting at a base elevation of 4,500 feet, the course features a series of 25-mile-long loops, allowing both novice and experienced cyclists the opportunity to choose from a 25, 50, or 75-mile course on which to race., Tina Anderson, 435-425-3491, 435-691-1696, triczay@live.com, Red Bull, 310-393-4647, Chris Worden, 310-393-4647, chris.worden@us.redbull.com, redbull.com/riogrande

May 8, 2022 — Tame Gravel Race, Tame, NM, Hawke Morgan, 505-259-6885, hawke@bcdracing.com, bcdracing.com

May 14, 2022 — The Pony Xpress Gravel 160, Colorado Gravel Grinder Championships, Trinidad, CO, 160 km and 80 km options. Held on gravel roads northwest of Trinidad, CO. Working head and tail light and helmet are required. Maps will be adequate for 70 km but GPS is preferred for 160 km option. 6th Annual, ride through the picturesque Spanish Peaks. This event will also include an electric bicycle class with a start time 30 minutes after the event begins., Phil Schweizer, 877-743-3566, 719-484-0477, phil.koobisaddles@msn.com, coloradogravelgrinderchampionship.com/pony-xpress/ride

May 14, 2022 — Volcano Fire Road 120k Gravel Grinder, Veyo, UT, Fun and challenging gravel race! 75 miles with 6200' climbing in the beautiful Pine Valley area north of St George. 56% dirt, 44% pavement. Solo or 2x relay. Famous Veyo Pie at the finish line, Deborah Bowling, 818-889-2453, embassy@planetultra.com, gravelgrinder.com

May 14, 2022 — Wild Horse Gravel, Outside Events Cycling Series, De Beque, CO, Looking to ride some wild west gravel? Ride Wild Horse Gravel this May and choose your own adventure on Colorado's Western Slope with both a 65- or 30-mile course. Afterward, kick back around the campfire and at the country cook-out for some local music at the High Lonesome Ranch., Tracy Powers, eventsupport@outsideline.com, events.outsideonline.com

May 16-22, 2022 — Frontline 500 Gravel Fest, Steamboat Springs, CO, In person and virtual gravel festival featuring 4 days of rides, JR, ride@gravelfest.com, gravelfest.com

May 21, 2022 — Mountains to Meadows, Grinduro, Mt. Shasta, CA, 62 miles of pavement, gravel, and singletrack with a TON of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated to three days of camping, live music (including a late-night DJ), beer, awesome food, and campfires., Sierra Trails, info@sierratrails.org, grinduro.com

May 21, 2022 — Stefina's Paydirt, Carson City, NV, The old way of all-out racing is not the way at Stefina's Carson City Paydirt. Instead, the Paydirt consists of two substantial timed segments to keep things competitive without separating yourself from dear friends in the dusty west of Nevada's desert. In addition to on-bike racing, there are two bonus segments that consist of fun and games back at the post-race festival. Riding a mechanical bull and participating in a tire-toss competition could be all that separates you at the end of the day., Clemence Heymelot, 707-560-1122, info@bikemonkey.net, truckeediffondo.com

May 28, 2022 — The Angry Horse Gravel Grinder, Idaho Falls, ID, This course will be unmarked this year but route file or cue sheet is mandatory. There will be primitive aid only with water and drop bag zones so prepare for a self-supported ride! Funds obtained will go toward local trail development within the Greater Teton/Eastern Idaho region., John Koudelka, 208-270-1730, john.koudelka@gmail.com, Ryan Edge, 208-932-1051, info@riffrafftrails.com, rideahorse.org

May 28, 2022 — Mad Gravel, Elbert, CO, Three distances to choose from including: the Sprint (43 miles), Marathon (78 miles), and Ultra (123 miles), Dave Muscianis, 303-817-6523, events@rattleracing.com, rattleracing.com/event/madgravel/

May 29, 2022 — Badlands Gravel Battle, Medora, ND, Come GRIND across 120 miles, and ROLL over 10,500 ft of elevation gain on the fast and rugged red scoria roads that crisscross the BADLANDS of western North Dakota., Nick Ybarra, experienceland.org/badlands-gravel-battle

June 3-5, 2022 — Lost and Found Gravel Grinder, Lost Santa Triple Crown, Portola, CA, 101, 61, 39 mile gravel rides. Live acoustic music, excellent food and beverages, Greg Williams, willie@sierratrails.org, Sierra Trails, info@sierratrails.org, lostandfoundbikeride.com

June 4, 2022 — The Dead Swede Gravel Grinder, Wyoming Gravel Grinder Series, Sheridan, WY, 40 or 100 miles, Sheridan Bicycle Company, 307-763-4481, info@thedeadsweede.com, thedeadsweede.com

June 4, 2022 — Weiser River Trail Ride, Council, ID, A one day gravel mountain bike ride of either 28 or 48 miles on the Weiser River Trail, a rail conversion trail. Shuttle from Cambridge or Council. Snack stops., Ron Hundahl, 208-566-1025, 208-253-4433, octobertrek@gmail.com, katoha.com/annual-bike-ride, weiserivertail.org

June 10-11, 2022 — Belgian Waffle Ride - Hendersonville, QUADRUPEL CROWN OF GRAVEL, Hendersonville, NC, Michael Marckx, 760-815-0927, rmx@MonumentsofCycling.com, belgianwaffleride.bike

June 11, 2022 — Truckee Dirt Fondo, Truckee, CA, Three days of activities with a competitive off-road bicycle race featuring the incredible dirt and gravel roads in the Tahoe National Forest, best suited for a gravel/cross bike or a hardtail MTB. 3 course options: 65.1 mi (Long), 58.1 mi (Medium) and 26.2 (Rollout - non timed) + Family Fun Route (15 mi). Benefits The Truckee-based non-profit Adventure Risk Challenge., Clemence Heymelot, 707-560-1122, info@bikemonkey.net, truckeediffondo.com

June 11, 2022 — Moots Ranch Rally, Steamboat Springs, CO, 2 courses, either a 76 or 54 mile route, both are almost 100% gravel and will include a few competitive timed segments, Moots, 970-879-1676, info@moots.com, moots.com/ranch-rally-is-back-for-2022/

June 18, 2022 — Beaver Dam 49er Gravel Grinder, Beaver Dam State Park, NV, Ride the Rim and see the park from a different perspective. Pedal down an old chaining road that runs along the Park's rim and winds you through Pinyon and juniper trees. Through the small town of Barley where lunch is served at the one room

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schoolhouse. The course then swings around back to the main park road and down into Campground B where we end the ride with a BBQ. The course is subject to change based on weather conditions. 35 and 45 mile options. Dawn Andone, 775-728-8101, [cathedralgorge\\_vc@cturbonef.com](mailto:cathedralgorge_vc@cturbonef.com), [beaverdamgravelgrinder.com](mailto:beaverdamgravelgrinder.com)

**June 18, 2022 — Ruby Roubaix Gravel Gran Fondo.** Lamolille, NV, Gravel Fondo! See the Ruby Mountains like you've never seen them before during this one-day bicycle ride or race beginning and ending in scenic Lamolille, Nevada. Choice of a 20, 36, 62 or full 117 mile loop on pavement, gravel and dirt roads. Ride it or race it! Ruby Roubaix, 775-898-1862, [info@rubyroubaix.com](mailto:info@rubyroubaix.com), [rubyroubaix.com](http://rubyroubaix.com)

**June 18, 2022 — Dirty Dino Gravel Grinder.** Vernal, UT, Come get Jurassic-kicked on 1 of the 3 amazing routes through the high Uinta Mountains and Dinosaurland. Choose from 32, 59 or 106 mile routes. It's going to be RAW/Rosmel, Breanne Nalder-Harward, 801-550-0434, [graveldino@gmail.com](mailto:graveldino@gmail.com), [gravel-dino.com](mailto:gravel-dino.com), [facebook.com/Dirty-Dino-Gravel-Grinder-103665632203894](https://www.facebook.com/Dirty-Dino-Gravel-Grinder-103665632203894)

**June 18, 2022 — Divide Scramble.** Butte, MT, BikeWalk Montana and The Montana Cycling Project, scenic views of the Continental Divide Route through Montana, fully supported ride offers the Golden Eagle and the Grizzly Route. Golden Eagle 1 (33 mi gravel), Golden Eagle 2 (57 mi gravel) and the Grizzly (68 mi gravel or mtb), the Grizzly is 68 miles of terrain not suitable for beginners with a joint return to Butte., Kathleen Aragon, 406-698-2992, [ridethedivide-montana@gmail.com](mailto:ridethedivide-montana@gmail.com), [ridethedivide-montana.com](mailto:ridethedivide-montana.com)

**June 25, 2022 — Around the Rock Gravel Ride.** Jackson, WY, This is an annual ride of passage, leaving from Fitzgerald's Bicycles each year on the Solstice Weekend. We'll head clockwise around The Rock (The Grand Teton) on a 50/50 mix of gravel and pavement. 154 miles, 6000 feet of climbing and TOTALLY doable for the average fit rider. Whether you ride for speed or ride for the accomplishment it doesn't matter. The beers taste just as good after! This self-supported, mixed-terrain cycling adventure is a RIDE OF PASSAGE and sure to challenge anyone who takes it on! Fitzgerald's, 307-201-5453, [info@fitzgeraldsbicycles.com](mailto:info@fitzgeraldsbicycles.com), [fitzgeraldsbicycles.com](http://fitzgeraldsbicycles.com), [ridewithgps.com/events/120834-around-the-rock-2020](http://ridewithgps.com/events/120834-around-the-rock-2020)

**June 25, 2022 — Monument Valley Bike Race.** Tour de Rez Cup, Monument Valley, UT, The 15-mile route travels along dirt roads and double track in the Gouldings and the Ojeto community. The route is entirely dirt road and includes some rolling terrain. The course will be among some beautiful rocks, with views of formations for which the area is well known. Tom Riggensbach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navajogives.org](http://navajogives.org), [runsignup.com/Race/UT/MonumentValley/MonumentValleyBikeRace](http://runsignup.com/Race/UT/MonumentValley/MonumentValleyBikeRace)

**July 9, 2022 — The Crusher in the Tushar p/b The Creamer.** Life Time Grand Prix, Beaver, UT, 70 grueling miles exploring Southern Utah's Tushar Mountains on a mix of dirt, gravel, and asphalt. Features 10,000+ of climbing traversing Utah's highest and most scenic roads. Join us for the original mixed-surface gravel and road classic! Treva Worrel, [crusher@tevents.zendesk.com](mailto:crusher@tevents.zendesk.com), [tusharcruiser.com](http://tusharcruiser.com)

**July 9, 2022 — Joe Cosley Pancake Ride Gravel Grinder.** Whitefish, MT, Back to the Salish Mountain Range, sticking to the north end, featuring some hidden gems that are sure to turn your crank. The ride is limited to 50 individuals. Once the participant cap is reached, that's it. There will be no wait list, or substitutions. Brad Lamson, [joe@pancakerride.com](mailto:joe@pancakerride.com), [pancakerride.com](http://pancakerride.com)

**July 10, 2022 — Torreon-Tajique Twice Gravel Race.** Tajique, NM, Hawke Morgan, 505-259-6885, [hawke@bcdracing.com](mailto:hawke@bcdracing.com), [bcdracing.com](http://bcdracing.com)

**July 23, 2022 — JayP's Backyard Fun Pursuit Gravel Ride.** JayP's Backyard Series, Island Park/West Yellowstone, ID, Gravel ride near Yellowstone National Park on Forest Service roads. It's an incredible time of year to be in this area and visit YNP! 30, 60, 120 mile routes, Jay Petervary, 307-413-2248, [jaypetervary@gmail.com](mailto:jaypetervary@gmail.com), [grav-elpursuit.com](http://grav-elpursuit.com)

**July 23, 2022 — Crooked Gravel.** Outside Events Cycling Series, Winter Park, CO, Want to ride the high alpine gravel of Grand County? Check out Crooked Gravel in Winter Park. Choose between two separate courses, a 30 mile or a 67 mile ride, that tackle over 5,000 vertical feet on long and winding climbs, earning wide-open descents under the Colorado sky. New in 2022: The 67-mile long course will be a timed segment with a \$5,000 cash purse up for grabs. Tracy Powers, [eventsupport@outsideline.com](mailto:eventsupport@outsideline.com), [events.outsideline.com](http://events.outsideline.com)

**July 23, 2022 — The Rift Gravel Race Iceland.** Hvolsvöllur, Iceland, The Rift is a 200 km (125 miles) off-road bike race through the dark lava fields in the highlands of Iceland. It traverses the

continental rift between North America and Eurasia - a rift that grows one inch every year. The growth is evident with vast lava fields all around creating a surreal landscape. A landscape that is remote, rugged and unpredictable. The Rift, 011-354-626-3332, [info@theriftbike.com](mailto:info@theriftbike.com), [theriftbike.com](http://theriftbike.com)

**July 31, 2022 — Stagecoach Gravel Tri.** Steamboat Springs, CO, 0.5 mile swim, 16 mile gravel ride, 4 mile gravel run. Can substitute a SUP leg instead of the swim. Also Gravel Aquabike, Lance Panigutti, 303-408-1195, [lance@withoullimits.com](mailto:lance@withoullimits.com), [withoullimits.com](http://withoullimits.com)

**August 6, 2022 — Dirty Bear Gravel.** Big Bear Lake, CA, 50 mile gravel ride, part of the Tour de Big Bear, Chris Barnes, 951-970-6720, 909-878-0707, [bigbearcycling@gmail.com](mailto:bigbearcycling@gmail.com), [bigbearcycling.com](http://bigbearcycling.com), [tour-de-big-bear-cycling-west77-big-bearcycling.com](http://tour-de-big-bear-cycling-west77-big-bearcycling.com)

**August 13, 2022 — Morganzo 55 Gravel Grinder.** Belgrade, MT, Gravel grinder, 55 miles, unsupported, Start time: 8am, Location: corner of Dry Creek Rd & Theisen Rd just north of Belgrade, MT, Shelli Thomas, [thomasshell@gmail.com](mailto:thomasshell@gmail.com), Kirk Ahlberg, [info@morganzos55.com](mailto:info@morganzos55.com), [montanacycling.net](http://montanacycling.net), [morganzos55.com](http://morganzos55.com)

**August 14, 2022 — SBT GRVL Gravel Grinder.** Steamboat Springs, CO, 630 gravel on Yampa Street, Steamboat Springs, CO. Four distances: 37/64/104/142 miles with 2000/4000/6000/9000 feet of climbing, respectively. Mixed surface with the majority on hard packed gravel roads. Amy Chaitry, 970-215-4045, [info@sbtgrvl.com](mailto:info@sbtgrvl.com), [sbtgrvl.com](http://sbtgrvl.com)

**August 20, 2022 — Cedar City Fire Road 100 Gravel Grinder.** Cedar City, UT, 100K or 60K options - with over 80% dirt! Chip timed. Prizes for top finishers., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [gravelgrinder.com](http://gravelgrinder.com)

**August 21, 2022 — The Last Best Ride Gravel.** Whitefish, MT, 48 and 78 miles, Jessica Cerra, [ridewithfish@gmail.com](mailto:ridewithfish@gmail.com), [thelastbestride.com](http://thelastbestride.com)

**August 22, 2022 — Big Sky Spectaculaire Gravel Race.** Bozeman, MT, An 895 mile single-stage, self-supported competitive adventure bike ride around Southwest and Central Montana. 373 miles of gravel in 15 segments. Time bonuses available. Big Sky Spectaculaire, [bsshheadquarters@gmail.com](mailto:bsshheadquarters@gmail.com), [bigkyspectaculaire.com](http://bigkyspectaculaire.com)

**August 27, 2022 — Wasatch All-Road Bicycle Race.** Ventum Racing, Heber, UT, The Wasatch All-Road features the toughest climb in gravel and postcard views in Utah's hidden gem, Heber Valley. The event will offer three challenging distances, local food, entertainment, and a \$10,000 prize purse split evenly between the male and female open categories., Jeff Louder, [jeff@thewasatchallroad.com](mailto:jeff@thewasatchallroad.com), [thewasatchallroad.com](http://thewasatchallroad.com)

**August 28, 2022 — Battle of the Gravel.** Good Dirt Ride, Savery, WY, The Battle of the Gravel will host 3 self-supported distances - a 21, 68 and 91 miles (we will have water/drink mix/snacks along the way & with the motos). The event will start and finish at the Boyer YL Ranch with a BBQ dinner to celebrate the finish. The ride is semi supported with three stops. Lodging and camping available at the Boyer YL Ranch and in the town of Baggs (20 miles). All proceeds go to support our work with Africa cyclists at [africacrossing.org](http://africacrossing.org), Kimberly Coats, 307-383-7778, 530-744-8773, [teamwandacycling@gmail.com](mailto:teamwandacycling@gmail.com), [battleofthegravel.com](http://battleofthegravel.com)

**August 31-September 4, 2022 — Rebecca's Private Idaho Gravel Grinder and Festival.** Ketchum, ID, Lifestyle, mountain bike and outdoor festival over Labor Day Weekend. The cornerstone of the two-day event is a 100-mile Gravel Grinder (or 50-mile option) mountain bike race & ride in the scenic Pioneer Mountains of Central Idaho, with renowned mountain bike champion and endurance athlete Rebecca Rusch. The weekend activities are centered around giving back to non-profit organizations that foster diversity, equity, and inclusion in cycling. Join the "Queen of Pain" on this beautiful route that ends in a great down-home party with food, festivities, music, and libations., Colleen Quindlen, 254-541-9661, [colleen@rebeccarusch.com](mailto:colleen@rebeccarusch.com), [rebec.casprivatidaho.com](mailto:rebec.casprivatidaho.com)

**September 3, 2022 — Fistful of Dirt Gravel Grinder.** Cody, WY, A gravel bike race of grand proportions. With the Good (22 Miles), The Bad (65 Miles), or The Ugly (105 Miles), there will be a distance fit for everyone. Free gourmet burgers and beer on Friday for participants during packet pick-up. The race is Saturday followed by a dang good after-party featuring food trucks and live music., Janie Curtis, 307-213-0756, [howdy@fistfulofdirt.com](mailto:howdy@fistfulofdirt.com), [fistfulofdirt.com](http://fistfulofdirt.com)

**September 9-11, 2022 — Helena Ales for Trails and Last Chance Graveler.** Helena, MT, Support the local trails with a selection of microbrews on Friday then ride on Sunday. This event takes riders on an adventure over beautiful ribbons of gravel in the scenic mountains south of Helena. From smooth and fast to primitive mountain roads this route has it all. 95% gravel, 93 mile

course, Ira Miller, [events@helenanautidecycling.com](mailto:events@helenanautidecycling.com), [lastchancegraveler.com](http://lastchancegraveler.com)

**September 9-November 11, 2022 — Helena Ales for Trails and Last Chance Graveler.** Helena, MT, [lastchancegraveler.com](http://lastchancegraveler.com)

**September 10, 2022 — WYO 131 Gravel Grinder.** Wyoming Gravel Grinder Series, Lander, WY, Hosted by the Lander Cycling Club. Three distances to choose, 40, 70, and an epic 10k elevation 131 mile course, ensures there's a course for everyone. Cash prize purses. Explore the red desert, historic mining towns, and subalpine terrain near Lander, WY. Each course offers breathtaking views, lots of wildlife, and an epic adventure in gorgeous Wyoming. After party sponsored by Melvin Brewing, Gwen Robson, 307-330-3002, [wyo131gravel@gmail.com](mailto:wyo131gravel@gmail.com), [wyo131.com](http://wyo131.com)

**September 10, 2022 — Gunnl Grinder.** Gunnison, CO, An epic 118 mile race/ride starting in and finishing near downtown Gunnison, CO and follows some of Gunnison County's most challenging, remote and scenic gravel and dirt roads. If you don't have the miles but still want a challenge, the Gunnl 60 (ish) and Gunnl 30 will give riders a taste of what gravel riding in Gunnison County is all about. Although some paved roads are necessary, the vast majority (about 90%) of the course will be on gravel and dirt roads. Some of these roads receive little to no maintenance and can change drastically after heavy rains and/or snowfall. Riders are encouraged to be fully prepared for any and all conditions. The route is remote and therefore, will include signage to help prevent riders from getting off course., Joel Girmmet, 512-751-8940, [Joel@racerelutions.com](mailto:Joel@racerelutions.com), [thegunngrinder.com](http://thegunngrinder.com)

**September 10, 2022 — Fitzgerald's Joyride 400.** Idaho Falls, ID, 400 mile gravel bikepacking event from Fitzgerald's in Idaho Falls to Joyride Bicycles in Logan, UT and back., Kevin Emery, [kevinemery@gmail.com](mailto:kevinemery@gmail.com), [facebook.com/Fitzgeralds-Joyride-Formerly-pioneer-400-416571405832253/](https://www.facebook.com/Fitzgeralds-Joyride-Formerly-pioneer-400-416571405832253/)

**September 10, 2022 — Ride the Cog.** Hayden, CO, Fundraiser for The Hayden Museum, Hayden Museum, 970-276-4380, [haydenmuseum@zeitel.us](mailto:haydenmuseum@zeitel.us)

**September 11, 2022 — Walla Walla Grit.** Walla Walla, WA, This Grit has three course lengths which include long, medium, and short routes. The long course starts at 6 a.m., medium begins at 9 a.m., and the short course commences at 9 a.m., Michael Austin, 509-386-1149, 509-525-4949, [mike@alegrocyclery.com](mailto:mike@alegrocyclery.com), Kathryn Austin, 509-964-8951, [kathryn@alegrocyclery.com](mailto:kathryn@alegrocyclery.com), [tofwallawalla.com](http://tofwallawalla.com)

**September 17, 2022 — Mammoth Tuff (Gravel).** Mammoth Lakes, CA, The short course is around 45 miles with 2,000 feet of climbing and will circle the famous caldera. The long course is around 100 miles with 8,000 feet of elevation gain and travels through the Volcanic Tableland formed by the Long Valley Caldera. Amanda Naumann, [mammothtuff@gmail.com](mailto:mammothtuff@gmail.com), [mammothtuff.com](http://mammothtuff.com)

**September 17, 2022 — West End Gravel Rush.** Nucla, CO, Colorado's West End is an unspoiled and unknown corner of Colorado. Once bustling with mining activity, the area is now a riders dream with a vast network of quiet and minimal travelled gravel roads. It's high desert canyon country, surrounded by big mountain views and dark skies at night. This is a first year, grassroots event where the entire community chips in - no UCI points, no worlds ambitions, or big podiums, but there will be a great post-ride party and some good ol' fashion desert weirdness. Come ride a weekend with 2,000 feet of climbing and will circle the famous caldera. The long course is around 100 miles with 8,000 feet of elevation gain and travels through the Volcanic Tableland formed by the Long Valley Caldera. Amanda Naumann, [mammothtuff@gmail.com](mailto:mammothtuff@gmail.com), [mammothtuff.com](http://mammothtuff.com)

**September 23-24, 2022 — Belgian Waffle Ride - Cedar City.** QUADRUPEL CROWN OF GRAVEL, Cedar City, UT, The "Hell of the South", 78% Gravel (106 miles), 22% paved (30 miles). In the heart of Southern Utah allowing riders to see a wild variety of unique countryside. Course goes through the Parowan Gap and past petroglyphs left by the areas past native inhabitants, along with prehistoric dinosaur footprints., Michael Marckx, 760-815-0927, [tmw@MonumentsofCycling.com](mailto:tmw@MonumentsofCycling.com), Brooke Wittschell, [broke@cedarcity.org](mailto:broke@cedarcity.org), [belgianwaffleride.com](http://belgianwaffleride.com)

**September 24, 2022 — Chino Grinder p/b Lauf.** Chino Valley, AZ, Endurance Cycling Event-Gravel road cycling adventure with 150, 115, 62, 44 and 25 mile options., AZ Gravel Rides, 480-452-9767, [AZGravelRides@gmail.com](mailto:AZGravelRides@gmail.com), [azgravelrides.com](http://azgravelrides.com), [chinogrinder.azgravelrides.com](http://chinogrinder.azgravelrides.com)

**Mountain Bike Tours and Festivals**

**May 6-8, 2022 — US Bank Fruita Fat Tire Festival.** Fruita, CO, 25th Anniversary festival kicking off the Mtn bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown Product Expo, and live music. Mike Heaston, 970-858-7220, [emgmh@emgcolorado.com](mailto:emgmh@emgcolorado.com), George Gatsos, 970-858-7220, [fruita@otesports.com](mailto:fruita@otesports.com), [fruitatirefestival.com](http://fruitatirefestival.com)

**May 14-17, 2022 — Kokopelli Guided Tour.** Loma, CO, Benefits Colorado Plateau Mountain Bike Trail Association, the original creators of the Kokopelli Trail, 4 day fully supported tour of the Kokopelli Trail from Loma, CO to Moab, UT., Tisha McCombs, 970-244-8877, [coordinator@copmoba.org](mailto:coordinator@copmoba.org), Whit Smith, 303-475-2255, [whitsmith@mac.com](mailto:whitsmith@mac.com), [copmoba.org](http://copmoba.org)

**May 17-20, 2022 — MTB The Maze Mountain Bike Tour.** Moab, UT, Deep in the heart of Canyonlands National Park. 4 trips to choose from, 4 days 3 nights. Small Groups of 9 or less. Outfitted by professional guides. Camp at the Maze Overlook and hike down into the Maze while viewing vertical uplifts and plunging gorges., Karen Johnson, 800-624-6323, 801-266-2087, [karen.holidayriver@gmail.com](mailto:karen.holidayriver@gmail.com), Natalie Osborn, [natalie.holidayriver@gmail.com](mailto:natalie.holidayriver@gmail.com), [bikerart.com](http://bikerart.com)

**May 20-22, 2022 — BetterRide MTB Camp.** Fruita, CO, Multiple camps, see the website for dates. Take your skills to the next level by investing in yourself! Learn the skills to greatly improve your riding and drills to master those skills. Increase your confidence, skill and efficiency with the most experienced (20 years), effective and sought after coach in the sport, Gene Hamilton, Ise Harms, [gamin@betterride.net](mailto:gamin@betterride.net), [betterride.net](http://betterride.net)

**June 4-5, 2022 — VIDA MTB Series: Valmont Bike Park.** VIDA MTB Series Flagship Clinics, Boulder, CO, Women's Mountain Bike Skills Clinic offering two 1-day skills clinics, Rachel Gottfried, 949-677-6809, [info@vidamtb.com](mailto:info@vidamtb.com), [vidamtb.com](http://vidamtb.com)

**June 18, 2022 — Divide Scramble.** Butte, MT, BikeWalk Montana hosts scenic views of the Continental Divide Route through Montana. Fully supported ride offers the Golden Eagle 1 and 2 and the Grizzly Route. Golden Eagle 1 (33 mi), Golden Eagle 2 (57 mi) are on the Great Divide Mountain Bike Route (GDMBR), suitable for Gravel and mountain bikes. The Grizzly 68 miles, is along the GDMBR and also includes a portion of the Continental Divide Trail (CDT - not suitable for beginners) suitable for Gravel or Mountain Bike, depending on skill level, Kathleen Aragon, 406-698-2992, [ridethe-dividemontana@gmail.com](mailto:ridethe-dividemontana@gmail.com), [ridethe-dividemontana.com](http://ridethe-dividemontana.com)

**June 18-19, 2022 — Tahoe Mountain Bike Festival.** Meyers, CA, The 9th Annual TAHOE MOUNTAIN FESTIVAL will take place this year Saturday and Sunday, June 20-21, 2020, in Meyers, California, celebrating riding bicycles on dirt in beautiful Lake Tahoe. Tahoe MTB Festival, [meysersmtb@gmail.com](mailto:meysersmtb@gmail.com), [tahoemtbfestival.com](http://tahoemtbfestival.com)

**June 25-26, 2022 — VIDA MTB Series: Snowmass Bike Park.** TENTATIVE, VIDA MTB Series Flagship Clinics, Snowmass Village, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, [info@vidamtb.com](mailto:info@vidamtb.com), [vidamtb.com](http://vidamtb.com)

**July 3-September 11, 2022 — Glacier National Park Bike Tour.** Whitefish, MT, Multiple dates. Each year Glacier National Park and its Canadian sister, Waterton Lakes National Park, deliver among our highest guest satisfaction rate. The mountains are gorgeous, the riding is invigorating, and the scenery is second to none. This is your year for Glacier! 6-day tour, 5-nights of lodging, meals include: 4 dinners, 5 lunches & 4 breakfast, all taxes & entrance fees, lunch en route daily, energy food, liquid refreshments, shuttles and mechanical support., John Humphries, 970-728-5891, [info@lizarheadcyclingguides.com](mailto:info@lizarheadcyclingguides.com), [lizarheadcyclingguides.com](http://lizarheadcyclingguides.com)

**July 9, 2022 — Wildflower Trailfest.** Powder Mountain, UT, A non-competitive, women only mountain bike ride. All ages and levels welcome. Come join us for a day of fun on Powder Mountain!, Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**July 16, 2022 — Pedal for the Park.** Leadville, CO, A fundraiser for our new bike park project, Cloud City Wheelers, [info@cloudcitywheelers.com](mailto:info@cloudcitywheelers.com), [cloudcitywheelers.com](http://cloudcitywheelers.com)

**August 19-21, 2022 — Outerbike Crested Butte.** TENTATIVE, Crested Butte, CO, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films. At Crested Butte Mountain Resort, Mark Severson, 800-845-2453, 435-259-8732, [outerbike@westernspirit.com](mailto:outerbike@westernspirit.com), [outerbike.com](http://outerbike.com)

**September 2-4, 2022 — Wydaho Rendezvous Teton Mountain Bike Festival.** Teton Valley, WY/ID, Ride epic cross country and lift-access downhill trails, improve your mountain biking skills with clinics hosted by professional coaches at a great price, join group rides, enjoy discounted lift pass access and meet people who love bikes just like you. Don't forget that Wydaho also hosts the largest adaptive bike festival component in North America, with support of two great local adaptive organizations! Wydaho is celebrating 12 years as a family-friendly, grassroots gathering right here in the Teton. TVTAP, 208-201-1622, [info@tetonbikefest.org](mailto:info@tetonbikefest.org), Devin Dwyer, 208-201-1622, [devin@tetonbikefest.org](mailto:devin@tetonbikefest.org), [tetonbikefest.org](http://tetonbikefest.org), [grandtarghee.com](http://grandtarghee.com)

**September 16-18, 2022 — Albuquerque Dirt Fiesta MTB Festival.** Albuquerque, NM, 12 hour race, 2 hour race, and weekend long mtb festival, Seth Bush, 505-554-0059, [ETC@alpan@ziarides.com](mailto:ETC@alpan@ziarides.com), [ziarides.com](http://ziarides.com)

**September 16-18, 2022 — Caliente MTB Festival.** Caliente, NV, 3rd Annual! Once again, but now with a whopping 20+ miles of NEW singletrack! Food, raffles, shuttles, music, games, shenanigans, and more., CAMEBA, 775-549-5992, [calientemt@gmail.com](mailto:calientemt@gmail.com)

**September 16-18, 2022 — Chuska Challenge Mountain Tour.** Tour de Rez Cup, Red Valley, AZ, The Navajo Nation's premier mountain bike event of the year, taking place the final weekend of September in the Chuska Mountains. The Chuska Challenge Tour includes 35-mile and 20-mile noncompetitive options, offer riders some awesome riding in some of the most beautiful country in Dine' Bkeyah. The competitive Mountain Bike Race includes a variety of routes and distances, and includes awards for top riders. There will be a Skills Course set up for riders to play on throughout the weekend, and there will be a Youth Race on Saturday. On the Sunday of Chuska weekend, there will be a 55-mile and 35-mile Arizona Endurance Series event on the Cove Classic route, Tom Riggensbach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navajogives.org](http://navajogives.org), [runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRace](http://runsignup.com/Race/AZ/RedValley/ChuskaChallengeMountainBikeRace)

**September 18, 2022 — Monarch Crest Crank.** Salida, CO, Mountain bike event along one of IMBA's Epic mountain bike trails with proceeds going to the local nonprofit organization: The Alliance, which helps victims of domestic and sexual abuse. There will be a post-ride party in Salida's Riverside Park featuring live music.

free lunch, libations, and games with space limited to 100 riders., Monica Gutierrez, 719-539-6738, [director@alliancechaffee.org](mailto:director@alliancechaffee.org), Becky Rupp, [crestcrank@gmail.com](mailto:crestcrank@gmail.com), [monarchcrestcrank.com](http://monarchcrestcrank.com)

**September 30-October 2, 2022 — Outerbike Moab.** Moab, UT, An opportunity to ride next year's bikes and gears on world class trails. Participants get bike demos, shuttles, lunch, beer, and admission to parties and films. 7000 N. Hwy 191 at Moab Brands Trailhead, Mark Severson, 800-845-2453, 435-259-8732, [outerbike@westernspirit.com](mailto:outerbike@westernspirit.com), [outerbike.com](http://outerbike.com)

**Utah Weekly MTB Race Series**

**April 27-August 3, 2022 — Weekly Race Series.** WRS, Sundance, Wasatch County, UT, Wednesday nights, April-August. Venue alternates between Wasatch County sites and Sundance, 5:30 pm Racer check-in and 6:30 pm prompt start time. Pros/Experts 1hr race time, Sports 50mins, Beginners 30-40mins., WRS Races, 435-200-3239 (Wasatch), 801-223-4849 (Sundance), [races@weeklyraceseries.com](http://races@weeklyraceseries.com), [weeklyraceseries.com](http://weeklyraceseries.com)

**May 10-August 11, 2022 — Mid-Week Mountain Bike Race Series.** Wasatch Front, Wasatch Back, Salt Lake Valley, Utah Valley, UT, Tuesday and Thursday nights. Locations TBD. Fun, competitive mountain bike racing for all ages and abilities. XC races and Mini Enduro races, Jenn Oxborrow, 385-831-1515, [jenn@bikeutah.org](mailto:jenn@bikeutah.org), Trilby Cox, 385-831-1515, [trilby@midweekmtb.com](mailto:trilby@midweekmtb.com), [midweekmtb.com](http://midweekmtb.com)

**Regional Weekly MTB Race Series**

**May 11-June 1, 2022 — Sessions Weekly Enduro Series.** Floyd Hill, CO, A weekend series ending in a weekend finale, riders check their better judgment at the start for a timed downhill run on the infamous Sluice trail at Floyd Hill. So close to Denver, but miles away in drops, jumps, and technical downhill features., Jennifer Barbour, 303-503-4616, [jenn@teamevergreen.org](mailto:jenn@teamevergreen.org), [teamevergreen.org](http://teamevergreen.org), [sessionseries.org](http://sessionseries.org)

**May 13-June 24, 2022 — Missoula TGIF Friday Night Race League.** Missoula, MT, Various courses., Shaun Rodley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com](http://montanacyclocross.com), [events/](http://events/)

**Utah Mountain Bike Racing**

**May 7-8, 2022 — Soho Bike Fest.** USA Cycling Pro XCI, Heber, UT, Cross Country, time trial, and SIXC races. Part of the Pro Cross-Country Tour. UCI sanctioned too. Come out and watch the top pros or race your race., Todd Hageman, [sohobikefest@gmail.com](mailto:sohobikefest@gmail.com), [sohobikefest.com](http://sohobikefest.com)

**May 21, 2022 — Three Peaks Classic ICUP.** Intermountain Cup, Cedar City, UT, Endurance XC, 25-50 miles. 1700' per lap. 7.8 miles and 500 feet of elevation per lap on dirt roads and the fun singletrack that laces its way through Juniper and Pinon trees. Joey Dye, 435-674-3185, [joey@redrockbicycle.com](mailto:joey@redrockbicycle.com), Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com), [ridesouthernutah.com](http://ridesouthernutah.com)

**June 11, 2022 — Wasatch 50.** Intermountain Cup, Heber, UT, The Wasatch 50 (formerly Wasatch Back) course is a truly epic route through some of Utah's beautiful high country. This 21 mile loop (4x) features roughly 1,700 feet of climbing per lap and tackles almost the entirety of the Coyote Loop trail starting and finishing at the UVU-Wasatch campus., Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

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June 18, 2022 — Fast Times at Richfield ICUP, Intermountain Cup, Richfield, UT. Check back for complete details. , Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

June 25-26, 2022 — Brian Shredder, Go-Ride Gravity Series, Brian Head, UT, Downhill and Super D, Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [utahdh.org](http://utahdh.org)

July 16, 2022 — The Rage at Snowbird ICUP, Intermountain Cup, Snowbird, UT, XC race. Snowbird has done a great job with some new trails and creating trails for real MTB racing with a great mix of fast flow single track, service roads, and a few short technical sections to keep you on your toes. 5-25 miles, 570' elevation gain per lap. Beginning just above the Tram Plaza at Snowbird Center on the dirt road, this 5.1 mile course offers up approximately 570ft of climbing per lap. , Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

July 16, 2022 — El Doce at Pow Mow, Powder Mountain - Eden, UT, 12/6 Hour Mountain Bike Race at Powder Mountain, Utah. Solo, Duo and 3-4 Person Teams. 15.2 mi course lap with roughly 1900' elevation gain, 12 hours. Limited to 400 riders. , Eric Bauman, 801-399-1773, [eric@golf-foundation.com](mailto:eric@golf-foundation.com), Clairese Millour, 801-399-1773, [claire@golf-foundation.com](mailto:claire@golf-foundation.com), [eldoceut.com](http://eldoceut.com)

August 5-6, 2022 — Abajo (Blue Mountain) Enduro, Monticello, UT. Two day, three stage race in the Abajo Mountains by Monticello Utah. Stage 1 starts Friday afternoon. A shuttle will be provided from the end of each stage to the start of the following course or to the parking area for the stage. , Dustin Randall, 435-590-2741, [info@roamutah.com](mailto:info@roamutah.com), [roamutah.com/abajoenduro](http://roamutah.com/abajoenduro)

August 6, 2022 — Powder Mountain ICUP, Intermountain Cup, Powder Mountain, UT, 360° panoramic views all along the course, and promises fast and exciting riding with a starting elevation of 8,200 feet and a maximum elevation of approximately 8,900 feet. 7-mile lap of the network with approximately 1,400 feet of climbing starting from the Timberline Lodge. , Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

August 13, 2022 — Soho MTB Race, Heber, UT, Todd Hagaman, [sohobikefest@gmail.com](mailto:sohobikefest@gmail.com), [sohobikefest.com](http://sohobikefest.com)

August 20, 2022 — Odyssey at Brian Head Endurance, Intermountain Cup, Brian Head, UT, Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), [intermountaincup.com](http://intermountaincup.com)

August 20, 2022 — Mountain Madness Bike Race, Vernal, UT. Relay race through the Ashley National Forest Race begins at Iron Springs Campground and ends at Remember the Maine Park. , Quin , 435-781-0982, [Quin@uintahcreation.org](mailto:Quin@uintahcreation.org), [uintahcreation.org](http://uintahcreation.org)

August 27-28, 2022 — Big Mountain Enduro, Big Mountain Enduro Series, Brian Head, UT, Revere for its incredible gravity fed descents, technical single track, and access to hundreds of miles of scenic back country trails beyond the resort boundaries. Brian Head's lift served terrain is accessible to beginner through advanced level riders. This is the only BME race that does not include an e-bike category for 2021. , Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

September 3, 2022 — Park City Point 2 Point, Park City, UT. A true point 2 point race! Thanks to the plethora of trails in this area, the race is never on the same trail twice. Over 90% of the race is single-track. 75 miles & 12,000ft of climbing. , Jay Burke, 801-330-3214, [racepoint2point@gmail.com](mailto:racepoint2point@gmail.com), [thepcpp.com](http://thepcpp.com)

## Regional Mountain Bike Racing ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond

May 4, 2022 — VRD Town Mountain Bike Race Series, Eagle, CO, Vail Recreation District Sports , 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com)

May 6-8, 2022 — US Bank 18 Hours of Fruita, Fruita, CO. 17th Annual event at Highline Lake State Park, an oasis in the desert with the famous midnight start. Limited to 100 teams and 30 solos. , Mike Heaston, 970-858-7220, [erngcmh@erngcolorado.com](mailto:erngcmh@erngcolorado.com), George Gatsos, 970-858-7220, [fruita@iesports.com](mailto:fruita@iesports.com), [18hsoffruita.com](http://18hsoffruita.com)

May 7, 2022 — Flagstaff Frenzy, Flagstaff, AZ. The 2021 MBAA finals, Anthony Quintile, 928-779-5969, [flagstaff@absolutebikes.net](mailto:flagstaff@absolutebikes.net), MBAA , 480-

442-4229, [info@mbaa.net](mailto:info@mbaa.net), Denise Barron, 928-530-0868, [mbaa.net](mailto:mbaa.net), [absolutebikes.net](http://absolutebikes.net)

May 7, 2022 — 12 Hours of Mesa Verde, Cortez, CO. Race course is 16.4 miles of Phil's World singletrack and stages from the Montezuma County Fairgrounds, 12 Hours of Mesa Verde , 970-394-1212, [info@12hoursofmesaverde.com](mailto:info@12hoursofmesaverde.com), [12hoursofmesaverde.com](http://12hoursofmesaverde.com)

May 8, 2022 — California Dirt MTB Series Race 1, California Dirt MTB Series, Nevada City, CA, USA Cycling NCNCA Regional MTB XC Championship, Hoot Pioneer Dascosme Trails, YBONC , [yboncfdn@gmail.com](mailto:yboncfdn@gmail.com), [ybonc.org/events/dirt-classic](http://ybonc.org/events/dirt-classic)

May 11, 2022 — VRD Town Mountain Bike Race Series: Minturn Mini, Minturn, CO, Kids only XC, Vail Recreation District Sports , 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com)

May 13-15, 2022 — NW Cup Downhill Series (Dry Hill #2), Northwest Cup Downhill Series, Port Angeles, WA, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

May 14, 2022 — Alien Run MTB Race, New Mexico Off Road Series, Aztec, NM, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), [nmoris.org](http://nmoris.org)

May 14, 2022 — Royal Gorge Six and Twelve Hour MTB Races, Canon City, CO, Six and Twelve Hour MTB Races, Seth Bush, 505-554-0059, [ElCapitan@ZiARides.com](mailto:ElCapitan@ZiARides.com), [ziarides.com](http://ziarides.com)

May 14, 2022 — Sarlacc Attack 50K, Fruita, CO. Ride the Edge! This is not just the name of the trail but a description of the Sarlacc Attack 50K course which combines the Edge and Sarlacc trails to make up an epic adventure. You'll ride on the edge of cliffs and your limits. World class singletrack, uphill grinds, and flowy descents are abundant on the Edge Loop. The Sarlacc trail section is some of the most fun singletrack on the course and riders will be there on the season's opening week. This race is part of the Adventure Fest at 18 Road, Reid Delman, 303-249-1112, [reid.delman@geminiadventures.com](mailto:reid.delman@geminiadventures.com), Kyla Claudell, 303-249-1112, [kyla@geminiadventures.com](mailto:kyla@geminiadventures.com), [geminiadventures.com](http://geminiadventures.com)

May 14-15, 2022 — Big Mountain Enduro, Big Mountain Enduro Series, Innton, MO, Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

May 18, 2022 — Mid Week Melee - Race 1, Bear Creek Lake, CO. Three distances to choose from including: the Elite Mini Course (1.9 miles), Short Course (4.3 miles), and Long Course (4.8 miles). , Dave Muscianini, 303-817-6523, [events@rattleracing.com](mailto:events@rattleracing.com), [rattleracing.com/event/mid-week-melee-1/](http://rattleracing.com/event/mid-week-melee-1/)

May 21, 2022 — City Creek Pocatello Pedalfest, Tentative, Pocatello, ID, Cross Country Races. Beginner, Sport, Expert & Open Classes (12, 17, 27 miles). Awards, prizes, raffle, music, food & fun. , Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

May 21-22, 2022 — Arizona State MTB Championships, Prescott, AZ, Arizona State MTB Championships (USAC Sanctioned) at Emmanuel Pines, MBAA , 480-442-4229, [info@mbaa.net](mailto:info@mbaa.net)

May 21, 2022 — Gowdy Grinder, Cheyenne, WY. Cross country mountain bike race that takes place on the trails of Curt Gowdy State Park in southeastern Wyoming. The beginner races are on a course with a handful of short technical sections, but mostly smooth riding. The more advanced categories will find plenty of challenging riding typical of Curt Gowdy. , Jodee Pring, 307-631-2980, [WyoXMTB@gmail.com](mailto:WyoXMTB@gmail.com), [wyoXMTB@gmail.com/fundraising-via-our-local-race-the-gowdy-grinder](http://wyoXMTB@gmail.com/fundraising-via-our-local-race-the-gowdy-grinder)

May 21, 2022 — Paydirt, Carson City, NV. VIP Pioneer's Camp will be held from September 8th-10th with the main race/celebration occurring on September 11th. The perfect blend of competition and camaraderie; Paydirt is equal parts race and celebration. With Bike Monkey's Road Rally format; racing takes place on designated segments. It's the perfect mix of full-gas racing while allowing you time to socialize, regroup, and enjoy the bounty of our aid stations. , Clemence Heymelot, 707-560-1122, [info@bikemonkey.net](mailto:info@bikemonkey.net), [stefnaspaydirt.com](http://stefnaspaydirt.com)

May 21, 2022 — Glas Deyffyn Ranch Junior MTB Steamboat Springs, CO, Juniors only mtb race, ages 7-16, Corey Piscopo, 970-367-3517, [corey@bikesteamboat.com](mailto:corey@bikesteamboat.com), [bikesteamboat.com/roubaix](http://bikesteamboat.com/roubaix)

May 21, 2022 — Chain Smoker Las Vegas, Black Diamond, NV, 15, 30, 45 mile options, Quick N Dirty MTB , [info@quickndirtymtb.com](mailto:info@quickndirtymtb.com), [quickndirtymtb.com](http://quickndirtymtb.com)

May 22, 2022 — Scratchgravel XC Cup, Montana Off-Road Series (MORS), Helena, MT. The course is approximately a 5.8 mile loop, comprised of 70% double-track and 30% single-track. Demo

bikes after the race. , Joe Hamilton, [j.hamilton@bresnan.net](mailto:j.hamilton@bresnan.net), Jason Steichen, [jason.steichen@gmail.com](mailto:jason.steichen@gmail.com), Shell Thomas, [thomasshell@gmail.com](mailto:thomasshell@gmail.com), Jesus Salazar, 406-202-2868, [competitive-cycling@montanacyclinglab.org](mailto:competitive-cycling@montanacyclinglab.org), [montanacyclinglab.org](http://montanacyclinglab.org), [montanacycling.net](http://montanacycling.net)

May 27-29, 2022 — NW Cup Downhill Series (Mt. Hood), Northwest Cup Downhill Series, Mt. Hood, OR, Downhill race. Held at Silver Mountain Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

May 28-29, 2022 — Grand Enduro, Grand Junction, CO. Race the top 3 trails of the Lunch Loops (Ribbon, Gunny, and Free Lunch) with amazing views in the background. This is the only race on the Ribbon... come see what it's like to ride up to 50mph on a big slab of rock! 22-35 minutes of climbing over 6.2 miles of trail. 2.5-4 hours of total ride time covering ~22 miles. , John Klish, 970-744-4450, 573-366-3681, [madness@madrac-ingcolorado.com](mailto:madness@madrac-ingcolorado.com), [grandenduro.com](http://grandenduro.com), [madrac-ingcolorado.com](http://madrac-ingcolorado.com)

May 28-29, 2022 — The Original Growler, Gunnison, CO. The challenging singletrack is on some of the finest trails Colorado has to offer. , Gunnison Trails , [info@gunnisontrails.org](mailto:info@gunnisontrails.org), [originalgrowler.com](http://originalgrowler.com), [gunnisontrails.org](http://gunnisontrails.org)

May 28, 2022 — California Dirt MTB Series Race 2, California Dirt MTB Series, Susanville, CA, USA Cycling NCNCA Regional MTB XC Championship, YBONC , [yboncfdn@gmail.com](mailto:yboncfdn@gmail.com), [ybonc.org/events/dirt-classic](http://ybonc.org/events/dirt-classic)

May 29, 2022 — Glorietta Enduro, Revolution Enduro Series, Glorietta, NM, David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolut-ionenduro.com](http://revolut-ionenduro.com)

May 30, 2022 — MGXC, Peaceful Valley, CO. Rattler Racing is excited to introduce MGXC, a mountain bike race in and around the Peaceful Valley Scout Ranch in Elbert, Colorado. The course this year will be a 5 mile circuit with multiple laps. , Dave Muscianini, 303-817-6523, [events@rattleracing.com](mailto:events@rattleracing.com), [rattleracing.com/event/madagascar/](http://rattleracing.com/event/madagascar/)

June 1, 2022 — VRD Eagle Ranch Classic, Vail Town Series, Eagle, CO, Vail Recreation District Sports , 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-race/mountain-bike-racing/eagle-ranch-classic](http://vailrec.com/sports-activities/vail-race/mountain-bike-racing/eagle-ranch-classic)

June 4, 2022 — Elephant Rock Sunrise to Sunset, Outside Events Cycling Series, Castle Rock, CO. Looking for a 12-hour endurance trail race that is equal parts challenging and fun? Elephant Rock's Sunrise to Sunset is just that. Kickback with your friends and ride the flowy track of Phillip S. Miller Park this summer. Register as an individual or form a team. , Tracy Powers, [eventsupport@outsidenc.com](mailto:eventsupport@outsidenc.com), [events.outsidenc.com](http://events.outsidenc.com)

June 4, 2022 — Wente 8-Hour MTB, Willits, CA. The funnest 8-hour mountain bike race you'll ever do. 3 days of venue access including a private lake for swimming and boating. 8 Miles, 1,745' of climbing and berry-berms for days. NOTE: Wente is on a private boy scout reservation. It is closed to the public on all days of the year except during race weekend. No trespassing! , Clemence Heymelot, 707-560-1122, [info@bike-monkey.net](mailto:info@bike-monkey.net), [racewente.com](http://racewente.com)

June 8, 2022 — Frisco Roundup, Frisco, CO, Jeff Westcott, 970-390-4760, [westy@mvavsports.com](mailto:westy@mvavsports.com), [mvavsports.com](http://mvavsports.com)

June 10-12, 2022 — Silver Mountain Enduro - North American Enduro Cup, Montana Enduro Series, Idaho Enduro Series, North American Enduro Cup, Kellogg, ID. Held at Silver Mountain Ski Resort, EWS qualifier, world class trails, national caliber competition, New trails, race categories to include e-bikes\* and more amateur age categories, cut-off times, full on finish line festivities and MORE! , NA Enduro , [naenduro.com](http://naenduro.com), [naenduro.com](http://naenduro.com)

June 10-12, 2022 — Missoula XC, US Pro XCT, Missoula, MT, UCI racing short track, cross country racing along with full amateur age group racing. Thursday is the clinic. Friday is the short track racing. Saturday is UCI and Elite XC racing. Sunday is age group XC racing. , Shaun Radley, 406-219-1318, [montanacyclocross@gmail.com](mailto:montanacyclocross@gmail.com), [montanacyclocross.com/events/](http://montanacyclocross.com/events/)

June 11, 2022 — Fears, Tears, and Beers Enduro, Ely, NV, Enduro mountain bike event. Timed sections mostly downhill, combined time wins. Men's and women's events for all classes. Fun run, beginner, sport, and expert classes. , Kent Robertson, 775-289-6042, 775-296-2162, [krobeg@mwpower.net](mailto:krobeg@mwpower.net), Kyle Horvath, 775-289-3720, [kyle.horvath@elynevada.net](mailto:kyle.horvath@elynevada.net), [elynevada.net/fears-tears-and-beers/](http://elynevada.net/fears-tears-and-beers/)

June 11-12, 2022 — 24 Hours in the Enchanted Forest, N24, Albuquerque, NM. Everything that you want from a 24 Hour Race. We have an amazing course with epic singletrack winding through meadows, pines and aspens. The Zuni Mountains outside of Gallup, NM are a great place to ride. We have an awesome venue in the ponderosa pines with plenty of space to hang out with friends and family and hang your hammock, great party atmosphere with vendors, movies, food, kids activities, and fun for everyone. , Seth Bush, 505-554-0059, [ElCapitan@ZiARides.com](mailto:ElCapitan@ZiARides.com), [ziarides.com](http://ziarides.com)

June 11, 2022 — Rimrock MTB Dash, Billings, MT. X-country style mountain bike race. The race is a single track located in Acton Recreation Area, outside of Billings, MT. 4 Different categories include a 6-mile family race, 15-mile Novice race, 15-mile e-bike race, and a 30-mile Open race. Elevation gain: over 15 miles the course varies 1,300 feet. The Spoke Shop , 406-656-8342, [info@spokeshop.com](mailto:info@spokeshop.com), [facebook.com/RimrockMTBDash](https://www.facebook.com/RimrockMTBDash)

June 17-20, 2022 — Four Seasons of Horsetooth Challenge, Fort Collins, CO. This is a grass-roots event with no entry fees and no real start times and is ridden on the two solstices and equinoxes in Horsetooth Mountain Park and Lory State Park. Four Seasons of Horsetooth Challenge. , [4soh.org](http://4soh.org)

June 18, 2022 — Knobby 9 to 5, Knobby Tire Series, McCall, ID. High speed rolling double-track. Tight, technical sagebrush single-track, water crossings, quick steep drops, nasty little granny gear climbs. Single speeders' dream. , Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

June 18, 2022 — Lake Tahoe Mountain Bike Race, Tahoe City, CA. Race in the cross country race, 4 hour or 8 hour race as a solo or on a team of 2, 3 or 4 (teams of 3 and 4 apply to the 8hr race only). The course is approximately 12.8 miles. Fast lap times are around 50 minutes. Cross country race is two laps. The course is a mix of single track and fire-road. It is a fast and smooth course with few technical sections. The most laps wins. Approximately 1350 feet ascending and descending per lap. , Todd Jackson, 530-546-1019, [todd@bigblueadventure.com](mailto:todd@bigblueadventure.com), Kiley McInroy, [kiley@bigblueadventure.com](mailto:kiley@bigblueadventure.com), [bigblueadventure.com](http://bigblueadventure.com)

June 18, 2022 — The Bailey Hundo, Buffalo Creek, CO, 10th year for the race. The HUNDO is 100 miles with 10,000 vertical feet. The HUNDO is 50 miles with 6,000 vertical feet. In the Buffalo Creek trail system - permitted by the USFS. Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), [baileyhundo.org](http://baileyhundo.org)

June 18, 2022 — Terrible Two, Sebastopol, CA. The Terrible Two is our region's version of an epic, and has been running since 1976. There are two challenging routes, neither for the faint of heart. The first, starting at 121 miles is considered a

tough century, and a gateway ride to the more formidable Terrible Two 200 mile course. It is a slightly abbreviated version of the Terrible Two and excludes Napa County. It also starts two hours later. Both are equally supported throughout. , Steve Saxe, [jidedirect@srcc.com](mailto:jidedirect@srcc.com), [srccit.com](http://srccit.com), [webflow.io](http://webflow.io), [srcc.com](http://srcc.com)

June 18, 2022 — Taos Guac-Amole Challenge Mountain Bike Race, New Mexico Off Road Series, Taos, NM, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), Taos MTB , [TaosMTB@gmail.com](mailto:TaosMTB@gmail.com), [nmoris.org](http://nmoris.org), [taosmtb.org/race](http://taosmtb.org/race)

June 19, 2022 — Jug Mountain Enduro, Wild Rockies Series, McCall, ID, Enduro MTB race, Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

June 22, 2022 — VRD Davos Dash, Vail Town Series, Vail, CO, Vail Recreation District Sports , 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash](http://vailrec.com/sports-activities/vail-race/mountain-bike-racing/davos-dash)

June 22, 2022 — Gold Run Rush, Summit Mountain Challenge, Breckenridge, CO. Multi-segment time trial or enduro only options available. Jeff Westcott, 970-390-4760, [westy@mvavsports.com](mailto:westy@mvavsports.com), [mvavsports.com/the-gold-run-rush/](http://mvavsports.com/the-gold-run-rush/)

June 22-26, 2022 — Junior Bike Week, Crested Butte, CO. For the sixth year, the biggest kids' bike party on the planet will be held in Crested Butte, the birthplace of mountain biking. A mountain bike festival will be held to celebrate getting more kids on bikes; and we would love to have you join us for both non-competitive festive events as well as competitive racing. Amy Nolan, 970-596-4085, [director@juniorbikeweek.com](mailto:director@juniorbikeweek.com), [juniorbikeweek.com](http://juniorbikeweek.com)

June 24-26, 2022 — NW Cup Downhill Series (Tamarack), Northwest Cup Downhill Series, Tamarack, ID, Downhill race. Held at Tamarack Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Pro GRIT too, Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

June 25, 2022 — Spirit Bear Classic MTB Grand Fondo, Montana Off-Road Series (MORS), Kalispell, MT, XC race held at Herron Park, start 10 am, Shell Thomas, [thomasshell@gmail.com](mailto:thomasshell@gmail.com), Matt Butterfield, [mattbutterfield@sportsmanskhaus.com](mailto:mattbutterfield@sportsmanskhaus.com), [montanacycling.net](http://montanacycling.net), [rungsun@Race/MT/Kalispell/SpiritBearMountainBikeGrandFondo](mailto:rungsun@Race/MT/Kalispell/SpiritBearMountainBikeGrandFondo)

June 25, 2022 — Helena Enduro, Montana Enduro Series, Helena, MT, Montana Enduro Series, [contact@montanaenduro.com](mailto:contact@montanaenduro.com), Eric Sivers, [eric@montanabicycleguild.org](mailto:eric@montanabicycleguild.org), [montanaenduro.com](http://montanaenduro.com), [montanabicycleguild.org](http://montanabicycleguild.org)

June 25-26, 2022 — Big Mountain Enduro, Big Mountain Enduro Series, Big Sky, MT, BME Stop #3 - 3 to 4 stages per day and upwards of 7500 feet of descending, most of which will be lift accessed, but with some pedal transitions equalling roughly 3000 feet of climbing over both days. Steep and technical. , Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

June 25, 2022 — Lutsen 99er, Leadville Race Series, Lutsen, MN. This race offers 99, 69, 49, 25, and kid distances combined with a weekend packed with fun, adventure and "killer" mountain biking for everyone. , Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com/lutsen-99er/](http://leadvillrace-series.com/lutsen-99er/), [lutsen99er.com](http://lutsen99er.com)

June 25, 2022 — Bear Bar 8, Casper Mountain , WY, 4th annual, 800' feet of elevation gain, average with a total distance of 8 miles. , Keith Wharton, 307-253-7511, [tufftracing@gmail.com](mailto:tufftracing@gmail.com), [bear-bar8.tufftracing.com/event.aspx?id=8803](http://bear-bar8.tufftracing.com/event.aspx?id=8803)

June 25, 2022 — Primal Point-to-Point, XC Mountain Bike Race Series, Winter Park, CO, XC race. There is a category for everyone from junior riders to professional racers - even first time racers. , Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/winter-park-classics-bike-race-series)

June 26, 2022 — Eagle Enduro, Revolution Enduro Series, Eagle, CO. This venue for the series will be a big one day backcountry race venturing up into the high country with both technical and high speed courses! , David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com)

June 26, 2022 — California Dirt MTB Series Race 3, California Dirt MTB Series, Grass Valley, CA, USA Cycling NCNCA Regional MTB XC Championship, YBONC , [yboncfdn@gmail.com](mailto:yboncfdn@gmail.com), [ybonc.org/events/dirt-classic](http://ybonc.org/events/dirt-classic)

June 30-July 3, 2022 — Leadville Training Camp, Leadville Race Series, Leadville, CO. Ride with past champions and experience every inch of the LT 100 mtb course in Leadville. A question and answer session will offer insight into proper training, diet and race strategy. Camp riders will get tons of camp swag, great food and amazing, unforgettable experience. , Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

July 4, 2022 — Firecracker 50, Breckenridge, CO, 50 mile mtb race. Ride some of the best single track trails we have to offer. , Jeff Westcott, 970-390-4760, [westy@mvavsports.com](mailto:westy@mvavsports.com), Vince Hutton, 970-547-4321, 970-453-1734, [vinceh@townofbreckenridge.com](mailto:vinceh@townofbreckenridge.com), [breckenridgecreation.com/races-programs/races/firecracker-50](http://breckenridgecreation.com/races-programs/races/firecracker-50), [mvavsports.com](http://mvavsports.com)

July 8-10, 2022 — NW Cup Downhill Series (Whitefish), Northwest Cup Downhill Series, Whitefish, MT, Downhill race. Held at Whitefish Bike Park. Friday will be open practice. Saturday will be split practice by category. Pro/JuniorX seeding Saturday evening. Sunday racing all categories. Scott Tucker, 360-797-4288, [scott@nwcup.com](mailto:scott@nwcup.com), [nwcup.com](http://nwcup.com)

July 9, 2022 — Galena Grinder, Knobby Tire Series, Galena Lodge, ID, XC/Marathon, 40 mile loop. Pro/Expert/SS, 25 mile loop; Sport/Clydesdale, 20 mile loop; Beginner, 10.5 mile loop; and Youth with a 5 mile loop. , Alex Phipps, 208-841-4120, [alex01phipps@gmail.com](mailto:alex01phipps@gmail.com), [twistedturtleracing.com](http://twistedturtleracing.com)

July 9-10, 2022 — Keystone Enduro, Revolution Enduro Series, Keystone, CO, David Scully, 970-846-5012, [david@revolutionenduro.com](mailto:david@revolutionenduro.com), [revolutionenduro.com](http://revolutionenduro.com)

July 10, 2022 — Silver Rush 50, Leadville Race Series, Leadville, CO, At 10,000-12,500 feet above sea level, this challenging 50 mile out-and-back course takes racers through the historic mining district on Leadville's East side. This race is known for its long, lung-burning climbs and rocky, steep terrain. Solo or Tandem 50m. Leadville Trail 100 Qualifier. Paul Anderson, 719-219-9364, [panderson4@lifetimfitness.com](mailto:panderson4@lifetimfitness.com), [leadvillrace-series.com](http://leadvillrace-series.com)

July 13, 2022 — Mid Week Melee - Race 2, Bear Creek Lake, CO. Three distances to choose from including: the Elite Mini Course (1.3 miles), Short Course (4.3 miles), and Long Course (4.8 miles). , Dave Muscianini, 3

**August 3, 2022 — VRD Camp Hale Hup.** Vail Town Series, Red Cliff, CO. Vail Recreation District Sports, 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-ride/mountain-bike-racing/camp-hale-hup](http://vailrec.com/sports-activities/vail-ride/mountain-bike-racing/camp-hale-hup)

**August 5-6, 2022 — Trestle Gravity Series: Races 1 and 2.** Trestle Gravity Series, Winter Park, CO. Jen Miller, 970-726-1570, [jmiller@winterparkresort.com](mailto:jmiller@winterparkresort.com), [winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series](http://winterparkresort.com/things-to-do/competition-center/summer-programs/trestle-gravity-series)

**August 6, 2022 — Pierre's Hole MTB Race.** National Ultra Endurance Series, Alta, WY, 12th Annual! Registration opens February 21, 2022. The 100 K category will be capped at 250 racers and the 50 K category at 300 racers. There will not be a 100-mile race this year. The racecourse is on an IMBA Epic trail at Grand Targhee. The 100 K is a NUE marathon series race, Andy Williams, 800-TARGHEE ext. 1309, [awilliams@grandtarghee.com](mailto:awilliams@grandtarghee.com), [grandtarghee.com/pierres-hole-50-100-mountain-bike-race/](http://grandtarghee.com/pierres-hole-50-100-mountain-bike-race/)

**August 6-7, 2022 — Emerald Mountain Epic.** Mountain Town Challenge Series, Steamboat Springs, CO, 52 mile singletrack in the beautiful backcountry of Routt County with a total of roughly 3,500ft elevation gain before returning to the transition/finish area. Solo and duo team options available. El Campbell, [info@emerald-mtnepic.org](mailto:info@emerald-mtnepic.org), [emerald-mtnepic.org](http://emerald-mtnepic.org)

**August 6-7, 2022 — Tamarack Twister & Enduro.** Knobby Tire Series, Donnelly, ID. Cross country on Saturday and enduro race on Sunday at a beautiful venue. Cross County race, Fast and flow, Alex Phipps, 208-841-4120, [alex01phipp@gmail.com](mailto:alex01phipp@gmail.com), [twistedturfleracing.com](http://twistedturfleracing.com)

**August 6, 2022 — Party at Paja.** Trail Party, Los Alamos, NM, Downhill race, Trail Party, [trail-party.com](mailto:trail-party.com)

**August 6, 2022 — Snowmass 50.** Snowmass, CO. This race will highlight a 25 mile singletrack loop ascending 5000 feet. Solo competitors will have the option of 1 or 2 laps while teams of 2 can race 1 lap each. Aspen Snowmass, 970-923-1227, [contact@spensnowmass.com](mailto:contact@spensnowmass.com), [spensnowmass.com/while-you-are-here/events/audit-power-of-four-mountain-bike](http://spensnowmass.com/while-you-are-here/events/audit-power-of-four-mountain-bike)

**August 6, 2022 — Maah Daah Hey 100.** Medora, ND. The Maah Daah Hey 100 race course takes you across one of the most majestic single-track adventures in the world, with miles of uninterrupted trail through the heart of the rugged Badlands. Make no mistake, this event will push competitive riders to their limits while giving every participant an experience they will remember for the rest of their lives. [exp@enceand.org](mailto:exp@enceand.org)

**August 6, 2022 — Colorado State MTB Championship.** Bailey, CO. The course delivers everything you would expect from a XC mountain bike race. It's a 5 mile world cup style course packed with solid climbing, twisty turns, short technical sections, and fun descents., Dave Muscianisi, 303-817-6523, [events@rattleracing.com](mailto:events@rattleracing.com), [rattleracing.com/event/tangdango/](http://rattleracing.com/event/tangdango/)

**August 7, 2022 — Race Montana Triathlon.** Great Falls, MT. Sprint and Olympic Distances along with the option of a solo or team triathlon. Long and short events are offered for youth participants. Beginner adults can sign up for "Try A Tri" Triathlon (100-meter swim, 3-mile bike, and 1-mile walk/run). All participants get a free pass to the Electric City Water Park on the day of the event., Ron Ray, 406-761-2222, [info@racemtn.com](mailto:info@racemtn.com), [racemtn.com](http://racemtn.com)

**August 10, 2022 — Summit Mountain Challenge: Soda Creek Scramble.** Breckenridge, CO. XC and Enduro only options with timed and untimed sections., Jeff Westcott, 970-390-4760, [westy@mavsports.com](mailto:westy@mavsports.com), [mavsports.com/soda-creek-scramble/](http://mavsports.com/soda-creek-scramble/)

**August 13-14, 2022 — Pomerelle Pounder DH.** Go-Ride Gravity Series, Albion, ID. Two USAC sanctioned downhill races in two days. , Ron Lindley, 801-375-3231, [info@utahdh.org](mailto:info@utahdh.org), [go-ride.com](http://go-ride.com), [utahdh.org](http://utahdh.org)

**August 13, 2022 — Leadville Trail 100.** Leadville Race Series, Leadville, CO. One of the most notorious and challenging bike races in the world. 100 mile out-and-back., Paul Anderson, 719-219-9364, [panderson@lifetimelfitness.com](mailto:panderson@lifetimelfitness.com), [leadvilleraaceseries.com](http://leadvilleraaceseries.com)

**August 13-14, 2022 — 12 and 24 Hours of Flathead.** Kalispell, MT. A non-profit race to provide awareness and adaptive equipment to individuals living with paralysis and other life altering disabilities. Race features both bicycle and hand cycle courses. Held in Heron Park, Tia Celentano, 406-261-1769, [info@24hoursofflathead.org](mailto:info@24hoursofflathead.org), [24hoursofflathead.org](http://24hoursofflathead.org), [facebook.com/24HoursOfFlathead](https://www.facebook.com/24HoursOfFlathead)

**August 13, 2022 — Enduro Pescado Whitefish Enduro.** Montana Enduro Series, Whitefish, MT, Montana Enduro Series, [contact@montanacyclingclub.org](mailto:contact@montanacyclingclub.org), [montanacyclingclub.org](http://montanacyclingclub.org), [montanaenduro.com](http://montanaenduro.com)

**August 13-14, 2022 — Oak Flats MTB Race.** New Mexico Off Road Series, Albuquerque, NM. Well marked course with a separate kids course and equal pay. Family oriented, spectator friendly, with unique hand made trophies, a positive atmosphere and more. Fast, flowy course with a little bit of everything for everybody. Event Saturday: Cat 3, Cat 2 & Short track for Pro and Cat 1; Sunday: Juniors, Kids, Pro & Cat 1, Jan Bear, 505-670-4665, [janbear@gmail.com](mailto:janbear@gmail.com), Par, 505-730-2615, [parrmides.arpinel@gmail.com](mailto:parrmides.arpinel@gmail.com), [nmors.org](http://nmors.org), [oakflatsmtb.com](http://oakflatsmtb.com)

**August 14, 2022 — Colorado Trail Race.** Durango, CO. The Group Start for the 2022 CTR is going to be Sunday, August 14th, 4:AM, Waterton Canyon TH/North Terminus of the CT. Group Start will again be limited to 74 riders., Jefe Branham, [JWOCKLEONE@HOTMAIL.COM](mailto:JWOCKLEONE@HOTMAIL.COM), [wockleone.com/2022-colorado-trail-race/](http://wockleone.com/2022-colorado-trail-race/)

**August 17, 2022 — VRD Town Mountain Bike Race Series: Berry Creek Bash.** Vail Town Series, Edwards, CO. XC Race, Vail Recreation District Sports, 970-479-2280, [sports@vailrec.com](mailto:sports@vailrec.com), [vailrec.com/sports-activities/vail-ride/mountain-bike-racing/davos-dash](http://vailrec.com/sports-activities/vail-ride/mountain-bike-racing/davos-dash)

**August 20, 2022 — York 38 Special.** York, MT. Ride 38 or 76 miles on single track, gravel, and Forest Service roads through breathtaking scenery in the Helena National Forest gaining 3000 vertical feet!, York Fire Rescue, [debbeyork38special@gmail.com](mailto:debbeyork38special@gmail.com), [york38special.org](http://york38special.org)

**September 17-18, 2022 — Mountain Rats Firebird 50k and 25k Mountain Bike Race.** Eagle, CO. New in 2022- Firebird 25K- now you can choose between the full or short course. Experience uphill grinds and beautiful singletrack. Both the 50k and 25k courses are a great test of stamina and give a culmination of summer training. Racers will have three aid stations (one for the 25k) and will receive a finisher's memento and age group awards, Reid Delman, 303-249-1112, [reid\\_delman@geminiadventures.com](mailto:reid_delman@geminiadventures.com), [kylaclaudeil.com](http://kylaclaudeil.com), [geminiadventures.com](http://geminiadventures.com)

**September 17-18, 2022 — Big Mountain Enduro.** Big Mountain Series, Bend, OR. Series finale, Brandon Ontiveros, [brandon@bigmountainenduro.com](mailto:brandon@bigmountainenduro.com), [bigmountainenduro.com](http://bigmountainenduro.com)

**September 24, 2022 — Coyote Classic Round 1 of 3.** DVO Fall XC and E-Bike Coyote Classic Series, Boulder City, NV, Downhill Mike, 518-524-9805, [info@downhillmike.com](mailto:info@downhillmike.com), [bootlegcanyonracing.com](http://bootlegcanyonracing.com)

**Utah Weekly Road Race Series**

**Salt Air Time Trial Series — Utah Crit Series.** Salt Lake City, UT. Every other Thursday April - September, 1-80 Frontage Road West of the International Center, Marek Shon, 801-209-2479, [utacritseries@gmail.com](mailto:utacritseries@gmail.com), [utacritseries.com](http://utacritseries.com)

**DLI (DMV) Criterium — Utah Crit Series.** West Valley City, UT. Weekly Training Crit at the Driver's Training Center, 4700S. 2780W., A file - 6 pm, B file between 6:45 and 7:05. Call for information regarding C file. Wednesdays April - August, Marek Shon, 801-209-2479, [utacritseries@gmail.com](mailto:utacritseries@gmail.com), [utacritseries.com](http://utacritseries.com)

**Emigration Canyon Hillclimb Series — Utah Crit Series.** Salt Lake City, UT. Starts north of Zoo 7.4 miles to top of Emigration. First rider off at 6:30. Every other Thursday April through August, Marek Shon, 801-209-2479, [utacritseries@gmail.com](mailto:utacritseries@gmail.com), [utacritseries.com](http://utacritseries.com)

**Logan Race Club Thursday Night Time Trial Series — Logan, UT.** Thursdays. TT series consisting of 18 races on five difference courses, with weekly and end-of-series prizes. Check the website for the location of the weekly course., Stephen Clyde, 435-750-8785, [swc@mdsc.com](mailto:swc@mdsc.com), Ben Koford, [benkof@hotmail.com](mailto:benkof@hotmail.com), Travis Dunn, [travis.dunn@usu.edu](mailto:travis.dunn@usu.edu), [loganraceclub.org](http://loganraceclub.org)

**Utah Road Race Series — Utah Crit Series.** Salt Lake City, UT. Fridays, June 10, July 22, Aug 12, Aug 26, Marek Shon, 801-209-2479, [utacritseries@gmail.com](mailto:utacritseries@gmail.com), [race2wheels.com](http://race2wheels.com)

Utah Weekly Road Race Series

**Utah Road Racing**

**May 7, 2022 — Gran Fondo Moab.** Moab, UT. Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placing., Scott Newton, 800-635-1792, 970-275-1633, [info@granfondo-moab.com](mailto:info@granfondo-moab.com), [granfondo-moab.com](http://granfondo-moab.com)

**May 7, 2022 — Goshen Circuit Race.** UCA Series, Goshen, UT. 5.7 mile loop with a couple of punchy rollers and about 375 feet of up and down each lap on paved farm roads in southern Utah County., Troy Huebner, 801-427-0852, [troyworkone@comcast.net](mailto:troyworkone@comcast.net)

**May 21, 2022 — Bear Lake Classic Road Race.** tentative, UCA Series, Garden City, UT. 51 mile flat loop (or 102 double lap) with some rolling hills on east shore, followed by a flat and fast finish - a beautiful race around Bear Lake., John Hernandez, [john71her@gmail.com](mailto:john71her@gmail.com), [extramileracing.com](http://extramileracing.com), [racebearlake.com](http://racebearlake.com)

**May 22, 2022 — Midvale Criterium.** UCA Series, Midvale, UT, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**May 28, 2022 — Hashkëniini Bike Race.** Tour de Rez Cup, Navajo Mountain, UT. 50-mile road race, 10-mile road ride Navajo Mountain community near Eéhaniln (Pioneer Day) rodeo grounds, Tom Rigganbach, 928-429-0345, [chuskaman@yahoo.com](mailto:chuskaman@yahoo.com), [navajoyes.org](mailto:navajoyes.org), [rungsingup.com](mailto:rungsingup.com), [Race/UT/NavajoMountain/HashkëniiniBikeRace](http://Race/UT/NavajoMountain/HashkëniiniBikeRace)

**June 4, 2022 — West Mountain Race.** UCA Series, Spanish Fork, UT. Starts at Lincoln Beach, Troy Huebner, 801-427-0852, [troyworkone@comcast.net](mailto:troyworkone@comcast.net)

**June 10-11, 2022 — Kokopelli Moab to St. George Relay.** Moab, UT. Moab to St. George Relay, Road race with 4 rider teams and three legs per rider, covering 528 miles. Multiple start times at Swanny Park in Moab finishing at Unity Park in Ivins., Clay Christensen, 801-234-0399, [info@enduranceutah.com](mailto:info@enduranceutah.com), [kokopellirelay.com](http://kokopellirelay.com)

**June 16-18, 2022 — Utah Summer Games.** Utah Summer Games Cycling, Cedar City, UT. Hill Climb (4 miles with average grade of 7%, Time Trial (10 miles out and back course), Criterium (.95 mile closed course, counter clockwise), Road Race (20, 40 and 60 mile course) with overall Omnium., Pace Clarke, 435-865-8423, [paceclarke@asu.edu](mailto:paceclarke@asu.edu), Quinn Pratt, 435-572-0007, [usgcyling@gmail.com](mailto:usgcyling@gmail.com), [utahsummergames.org](http://utahsummergames.org)

**June 24, 2022 — Antelope Island Classic.** UCA Series, Antelope Island, UT. Starts at the West end of the causeway, then across the causeway towards the ranch and end on the island. 32 to 60 mile options., James Ferguson, 801-389-5706, [ferguson8118@comcast.net](mailto:ferguson8118@comcast.net)

**June 25, 2022 — Need for Speed Time Trial.** UCA Series, Corinne, UT. State TT Championship, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**July 2, 2022 — Utah Hill Climb - Snowbird.** UCA Series, Snowbird, UT, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedayeventmanagement.com](http://racedayeventmanagement.com)

**July 9, 2022 — Cache Gran Fondo.** UCI Gran Fondo World Series, USA AND Gran Fondo National Series, Logan, UT. Celebrating our 13th year and 3rd year as the only qualifying event in the Western US for both the UCI Gran Fondo World Championship and GFNS (USACycling Gran Fondo National Championship), and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday through a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships and Top 5 in each category qualify for National Championships., Troy Oldham, 435-764-2979, [oldhamtroy@gmail.com](mailto:oldhamtroy@gmail.com), [cachegranfondo.com](http://cachegranfondo.com)

**July 16-17, 2022 — Salt Lake Criteriums.** USA Cycling Crit Series, Salt Lake City, UT. Professional and amateur categories. expo and more! Benefits the Utah Food Bank, Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), Eric Gardiner, 801-660-9173, [saltlakecrit@gmail.com](mailto:saltlakecrit@gmail.com), [saltlake-criterium.com](http://saltlake-criterium.com)

**July 23, 2022 — Old Snowbasin Road Hill Climb.** Utah State Hill Climb Series, UCA Series, Snowbasin, UT. Late July will see the second race with a road that contains a long climb with a short but fast descent in the middle known as Old Snowbasin Road. During this event, we see riders who can handle their bikes on two short, hard packed sections. This climb will commence by mass starts broken into different start seg-

ments., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedaywebsites.com](http://racedaywebsites.com)

**July 29-30, 2022 — Saints to Sinners Bike Relay.** Salt Lake City, UT. The Original fundraiser relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Chad Neumeyer, 801-856-7018, [chad@saintstosinners.com](mailto:chad@saintstosinners.com), [saintstosinners.com](http://saintstosinners.com)

**July 30, 2022 — Mirror Lake Highway Road Race.** UCA Series, Kamas, UT. 150 miles across some amazing country roads and up Mirror Lake Hwy thru beautiful pine and aspen forest, across the highest paved pass in Utah at 10,700 feet, and back on country roads in wide open country. It is a road race, a gran fondo (for those who only want to ride) and can be done as 2 or 3 person relay. Fully supported. Start and finish in Kamas., Troy Huebner, 801-427-0852, [troyworkone@comcast.net](mailto:troyworkone@comcast.net)

**August 6, 2022 — East Canyon Echo Road Race and Fun Ride.** UCA Series, Henefer, UT. State RR Championship for 2022. 10 AM start for all courses beginning at Big Rock Campground with the 60 mile option going through Henefer and continuing through Echo Canyon. At it's end, the route will turn back to to Henefer and finish at Big Rock Campground. The 40 mile option only rides to the mouth of Echo Canyon and turns back to the campground while the 14 mile option will go up the Hogs Back and turn around to finish at Big Rock Campground with all the other courses., James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**August 13, 2022 — Sugarhouse Criterium.** UCA Series, Salt Lake City, UT. 2022 State Criterium Championship. Bring the entire family and enjoy some of Utah's best crit racing in one of Salt Lake's Sugarhouse Park. State Championship. Bike festival too., Jared Eborn, 801-599-9268, [jared.m.eborn@gmail.com](mailto:jared.m.eborn@gmail.com)

**August 20, 2022 — Porcupine Hill Climb.** UCA Series, Salt Lake City, UT. 19th Annual, Start: Porcupine Pub & Grille finishing at the Brighton Ski Resort, Big Cottonwood Canyon. Citizen's and licensed rider categories. State Championship Hill Climb for licensed categories. 14.7 miles, 3800' of climbing!, James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**August 20, 2022 — Wildflower Hill Climb.** Mountain Green, UT. Timed 5.5 mile climb during the 65 mile course option in this women-only cycling event., Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**August 26-29, 2022 — Hoodoo 500.** Planet Ultra Grand Slam Endurance Series, St. George, UT. 500 mile loop race through Southern Utah. Non-stop or stage race, solo and relay team divisions. 300 mile option as well., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [hoodoo500.com](http://hoodoo500.com)

**September 10, 2022 — LOTOJA Classic Road Race.** Logan, UT. 40th Annual, 1 day, 3 stages, 200+ mile road race from Logan, UT to Jackson Hole, WY. Brent Chambers, 801-546-0090, [info@lotoja.com](mailto:info@lotoja.com), [lotoja.com](http://lotoja.com)

**September 17, 2022 — City Creek Bike Sprint.** Salt Lake City, UT. Race starts at the mouth of City Creek Canyon and finishes at Rotary Park where we will have awards, food, music and fun., James Zwick, 801-870-4578, [sports@sports-am.com](mailto:sports@sports-am.com), [sports-am.com](http://sports-am.com)

**September 17, 2022 — Suncrest Hill Climb.** Utah State Hill Climb Series, Highland, UT. The final climb of this series will feature the Back Side of Suncrest, this climb is fast but steep as riders will test their sustainable power output at the end of the season. This climb will be held in time trial format with a rider starting every 30 seconds., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), [racedaywebsites.com](http://racedaywebsites.com)

Regional Weekly Road Race Series

**May 4-August 10, 2022 — ICE BAR Time Trial/Hillclimb Series.** ICE BAR Series, Pocatello, ID. Flat time trials: Start at Rainbow Road, 6.2m(10k). Scoring is best 2 of 4 times., May 4 at 6:30 pm, 7:00 pm, June 1, June 29 and July 27/Hill Climbs: Park at Cherry Springs, Crystal start at Cherry Springs and Scout start at bottom of Scout Mtn Rd. Scoring is best Crystal plus best Scout time. Approximately 5 mile climbs. mass start., May 18 -Crystal Summit (mass start), 6:30 pm-7:00 pm: June 15-Scout, July 13-Crystal Summit (Senior Games), August 10-Scout, Categories: End of season awards for men and women's overall winners of these categories: A's, B's, Master's 50+, Masters 60+, Triathlete, Recreational (Non TT bike, Eddie Merckx style), Single Speed, and Clydesdale (210 lbs+) and Athena (150 lbs+), Peter Joyce, 208-282-3912, [joycpete@asu.edu](mailto:joycpete@asu.edu), Tony Chesrow, 435-671-2506, [hebertsports@yahoo.com](mailto:hebertsports@yahoo.com), [idahocycling.com](http://idahocycling.com), [ironhorsebicyclassc.com](http://ironhorsebicyclassc.com)

**May 24-July 19, 2022 — SWICA Fairground Criterium Series.** SWICA Criterium Series, Boise, ID. Local training crit series at Expo Idaho West lot (Glenwood Street south of Hawks stadium). Every Tuesday except June 7, John Rogers, 208-284-9671, [obccwebdesign@yahoo.com](mailto:obccwebdesign@yahoo.com), [idahobikeracing.org](http://idahobikeracing.org)

**June 24, 2022 — Tour of Walla Walla Stage Race.** Walla Walla, WA. Pacific NW premier 3 day Stage Race celebrating it's 24th year. 2nd race of the Washington Stage Race Series - 2 RRs, Crit, Time Trial, Michael Austin, 509-386-1149, 509-525-4949, [mike@allegrocycling.com](mailto:mike@allegrocycling.com), Kathryn Austin, 509-964-8951, [kathryn@allegrocycling.com](mailto:kathryn@allegrocycling.com), [tourwallawalla.com](http://tourwallawalla.com)

**June 4, 2022 — Sawtooth 200-mile Team Challenge.** Boise, ID. 15th annual team relay race from Boise to Sun Valley, 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants

Regional Road Racing ID, WY, MT, NV, AZ, NM, CO, MT, OR, WA, CA and Beyond

**May 1, 2022 — Koppenberg Road Race.** Superior, CO. The infamous Koppenberg Race, featuring the climb (17% grade), is the queen of the spring time cycling events in Colorado. This rustic setting sits next to, and incorporates parts of the Morigul Bismark Course. Boulder's Spring Classic is set to make you suffer, and "the climb" is set to be the deciding factor once again. The Koppenberg is a 5.5 mile road race circuit, with 300ft of elevation gain per lap, and includes 2 miles on a packed dirt road. Those who do well here are marked men and women at the King of the spring time cycling events, the Superior Morigul, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [whiteinecycling.com](http://whiteinecycling.com)

**May 6-8, 2022 — USA Cycling Collegiate Road National Championships.** Augusta, GA, Chuck Hodge, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org)

**May 6-8, 2022 — Tour de Bloom Stage Race (Omnium).** Wenatchee, WA. The event features a road race in Waterlee on Friday, an out and back 10-mile IT, a twilight criterium in historic downtown Wenatchee on Saturday, and a road race in Plain Washington with an uphill finish on Sunday. Ace Bollinger, 509-679-5003, [acebollinger@nwi.net](mailto:acebollinger@nwi.net), [wenatcheevalleyvelo.com/current-event/tour-de-bloom/](mailto:wenatcheevalleyvelo.com/current-event/tour-de-bloom/)

**May 13-15, 2022 — Tax Day Omnium.** UCA Series, Marsh Valley, ID. Great circuit race, start and finish at Marsh Valley High School. This is the old Gate City Grind Course., Dirk Cowley, 801-699-5126, [dcowley@comcast.net](mailto:dcowley@comcast.net), Bob and Kris Walker, [bobandkris@yahoo.com](mailto:bobandkris@yahoo.com), Tony Chesrow, 435-671-2506, [hebertsports@yahoo.com](mailto:hebertsports@yahoo.com), [idahocycling.com](http://idahocycling.com)

**May 14, 2022 — Louisville Criterium.** Louisville, CO. Kick off the spring season at one of the fastest races in Colorado. Louisville offers fast flowing corners, a power incline, and wide open roads to really put the hammer down!, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [whiteinecycling.com](http://whiteinecycling.com)

**May 15, 2022 — Steamboat Roubaix.** Steamboat Springs, CO. Paying homage to the mother of all rough road races, Steamboat Roubaix will challenge all of your skills as a bike racer - speed, handling, power, tactics, team strategy, and grit. Steamboat Roubaix - Hell of the High Rockies brings a fun and challenging course to pro-am racers looking to test their racing skills in a good of fashioned peloton., Corey Piscopo, 970-367-3517, [corey@bikesteamboat.com](mailto:corey@bikesteamboat.com), [bikesteamboat.com/roubaix](http://bikesteamboat.com/roubaix)

**May 15, 2022 — 3 Bears TT #1.** Picocho, AZ. Time trial will begin at 8:00 a.m., [azcycling.org](mailto:azcycling.org), [event/3-bears-tt-1/](http://event/3-bears-tt-1/)

**May 15, 2022 — Bearmouth Road Race & Gran Fondo.** Missoula, MT. This classic race travels up a short and steep climb, past Limestone Ridge, out to Haltnville, and back - a little for every type of cyclist, whether you love the climbs, the flats, or just the majestic scenery of Montana. Whether you want to ride it as a race, a fondo, or use it as a training ride for Camp Mak-A-Dream's RATPOD, this is a route that all cyclists are bound to enjoy., Shaun Radley, 406-219-1318, [montanacyclcross@gmail.com](mailto:montanacyclcross@gmail.com), [montanacyclcross.com/events/](http://montanacyclcross.com/events/)

**May 20-22, 2022 — Madera Stage Race.** Merced, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopro.com](http://velopro.com)

**May 21-22, 2022 — Superior Morigul Omnium.** Superior, CO, 8 mile time trial, team time trial, Superior Morigul road race, Lance Panigutti, 303-408-1195, [lance@withoutlimits.com](mailto:lance@withoutlimits.com), [whiteinecycling.com](http://whiteinecycling.com)

**May 21-22, 2022 — River City Cycling Classic.** Spokane, WA, Omnium. Time trial and road race on Saturday, a criterium on Sunday, Racers can compete in events individually with no need to pass one event to qualify for the next: race 1, 2, or all 3 events., Nathan Gallahan, 208-771-2099, [nathan.gallahan@gmail.com](mailto:nathan.gallahan@gmail.com), [rivercitycycling.org](http://rivercitycycling.org), [facebook.com/RCcyclingclassic](http://facebook.com/RCcyclingclassic)

**May 28-30, 2022 — Iron Horse Bicycle Classic.** Durango, CO, 50th Annual, Road Race and Tour from Durango to Silverton. Both are on Saturday 25th and are a 50 mile ride from Durango to Silverton. Take off with the train traveling over two 10,000ft mountain passes enroute to the historical mining town of Silverton. Sunday 26th we have a Kids Race and Kids Village, Mountain Bike Race, Gravel Grinder, Cruiser Crit, BMX event and vendors., Gaige Sippy, 970-259-4621, [director@ironhorsebicyclassc.com](mailto:director@ironhorsebicyclassc.com), [ironhorsebicyclassc.com](http://ironhorsebicyclassc.com)

**June 3-5, 2022 — Tour of Walla Walla Stage Race.** Walla Walla, WA. Pacific NW premier 3 day Stage Race celebrating it's 24th year. 2nd race of the Washington Stage Race Series - 2 RRs, Crit, Time Trial, Michael Austin, 509-386-1149, 509-525-4949, [mike@allegrocycling.com](mailto:mike@allegrocycling.com), Kathryn Austin, 509-964-8951, [kathryn@allegrocycling.com](mailto:kathryn@allegrocycling.com), [tourwallawalla.com](http://tourwallawalla.com)

**June 4, 2022 — Sawtooth 200-mile Team Challenge.** Boise, ID. 15th annual team relay race from Boise to Sun Valley, 200 and 100 mile route through challenging mountain terrain. 200 mile route consists of 4 or 6 person teams and 100 mile route either solo or 2 person teams. Participants

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**June 5, 2022 — Regalado Road Race**, Oakdale, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**June 17-19, 2022 — Baker City Cycling Classic**, Oregon Women's Prestige Series, Baker City, OR, Three days and four stages in beautiful eastern Oregon, with great support and unparalleled scenery. Over 8,000 ft of climbing over the three days in one of the country's most beautiful cycling regions. Pros and amateurs race the same courses and the women's and men's prize purses are matched by sponsor BELLA Main St. Market, Brian Cimmiyotti, 541-371-3303, 509-374-8424, [scottscycleandsports@gmail.com](mailto:scottscycleandsports@gmail.com), [bakercitycyclingclassic.com](http://bakercitycyclingclassic.com)

**June 23-26, 2022 — USA Cycling Professional Road, ITT, and Critrium National Championships**, Knoxville, TN, Chuck Hodges, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org)

**June 25, 2022 — Twin Falls Old Town Critrium**, SWICA Twin Falls, ID Idaho State Critrium Championships, Terry Patterson, 208-420-0087, [tpatterson@csd.edu](mailto:tpatterson@csd.edu), Twin Falls Old Town Crit., [FOTCritrium@gmail.com](http://FOTCritrium@gmail.com), [idahobikeracing.org](http://idahobikeracing.org), [fotcritriumcrit.com](http://fotcritriumcrit.com)

**June 29-July 2, 2022 — USA Cycling Amateur Road National Championships**, Roanoke, VA, Elite, U23 and Junior Road National Championships, Chuck Hodges, 719-434-4200, [chodge@usacycling.org](mailto:chodge@usacycling.org), [usacycling.org](http://usacycling.org)

**July 3, 2022 — Leesville Gap Road Race**, Williams, CA, 62 miles for everyone up and over stried Leesville Grade and Grapevine Gap in California's Colusa County, mostly paved, some gravel stretches. Watermelon Fried at the finish! USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**July 9, 2022 — Boise Twilight Critrium**, USA Cycling Crit Series, Boise, ID, 35th Annual, Pro Road Tour, races for all categories, and race under the lights for the pros., Mike Cooley, 208-371-5175, [mike.cooley1958@gmail.com](mailto:mike.cooley1958@gmail.com), [boisewillightcritrium.com](http://boisewillightcritrium.com)

**July 10, 2022 — Watsonville Criterium**, Watsonville, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**July 17, 2022 — USA Cycling Grand Fondo National Championships**, Asheville, NC, Shawn Brett, 719-434-4200, [sbrett@usacycling.org](mailto:sbrett@usacycling.org), [usacycling.org](http://usacycling.org)

**July 23, 2022 — Bob Cook Memorial Mount Evans Hill Climb**, Colorado Summit Cycling Series, Idaho Springs, CO, 55th annual, CO State Championships, Hill Climb, 27 mile bicycle race and Gran Fondo, that ends on the highest paved road in the United States, Mount Evans, at 14,130', 6000 feet elevation gain., Jennifer Barbour, 303-503-4616, [jen@teamevergreen.org](mailto:jen@teamevergreen.org), Kim Nordquist, 303-249-6168, [kim@teamevergreen.org](mailto:kim@teamevergreen.org), [bicyclerace.com](http://bicyclerace.com), [teamevergreen.org](http://teamevergreen.org)

**August 4-7, 2022 — USA Cycling Masters Road National Championships**, Albuquerque, NM, Shawn Brett, 719-434-4200, [sbrett@usacycling.org](mailto:sbrett@usacycling.org), [usacycling.org](http://usacycling.org)

**August 6, 2022 — Warnerville Time Trial**, Knights Ferry, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 7, 2022 — Patterson Road Race**, Tracy, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 13, 2022 — Bogus Basin Hill Climb**, Boise, ID, 51st Annual, 24km/15 miles of uphill, 1000 meters of elevation gain. Starts at 2600 N Bogus Basin Rd at 9am, Linda Lloyd, 208-514-3077, [george@georgescycles.com](mailto:george@georgescycles.com), [georgescycles.com](http://georgescycles.com)

**August 13, 2022 — Lamolite Canyon Hill Climb**, Tentative, Lamolite, NV, 16th annual, Road Race hill climb, 12 miles, 3000 ft hill climb in Ruby Mountains, Race starts at 9am. Post event picnic and awards in Lamolite Grove, 11:30am, Gayle Hughes, 775-753-7789, 775-934-4532, [elkvelo@gmail.com](mailto:elkvelo@gmail.com), Jon Powell, 775-385-4938, [elkvelo@elkvelo.com](mailto:elkvelo@elkvelo.com), [elkvelo.com](http://elkvelo.com)

**August 13, 2022 — The Broadmoor Pikes Peak Cycling Hill Climb**, Colorado Springs, CO, This is an epic hill climb on Pikes Peak, America's Mountain, starting at 9,390 feet and finishing 12.42 miles later at 14,115 feet with an elevation gain of 4725 feet. There is a timed race and gran fondo, with waves starting at 6:13 am., The Sports Corp., 719-634-7333, [info@thesportscorp.org](mailto:info@thesportscorp.org), Jeff Mosher, 719-634-7333 Ext 1005, [jeff@thesportscorp.org](mailto:jeff@thesportscorp.org), [PikesPeakCyclingHillClimb.org](http://PikesPeakCyclingHillClimb.org)

**August 13, 2022 — Dunnigan Hills Road Race**, Dunnigan, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 14, 2022 — Suisun Harbor Criterium**, Suisun City, CA, 2021 Northern California/Nevada District Criterium Championships. A fast paced four cornered downtown criterium on a short loop. USAC licensed, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 20, 2022 — San Ardo Road Race**, San Ardo, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 21, 2022 — University Road Race**, Santa Cruz, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**August 27, 2022 — Winters Road Race**, Winters, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 3, 2022 — Athlone Time Trial**, Merced, CA, Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 5, 2022 — Il Giro di San Francisco**, San Francisco, CA, 46th annual Labor Day Criterium on the Embarcadero. Challenging 3 corner course that has hosted some of the best in the nation. 9 separate events including kids chal-

lenge. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 11, 2022 — Mt. Graham Hill Climb**, Safford, AZ, 8 am, mass start, Nippy Feldhake III, 520-747-2544, [nippy-mr-smarty-pants@uno.com](mailto:nippy-mr-smarty-pants@uno.com), [azcycling.org/event/mt-graham-state-hc-2/](http://azcycling.org/event/mt-graham-state-hc-2/)

**September 16-18, 2022 — Silver State 508**, Mountain West Ultra Cup, Reno, NV, 39th Annual, Founded by John Marino in 1983 and recognized as "The Toughest 48 hours in Sport," this 508-mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none. Solo, two-person and four-person relays with stage and open divisions offered with subcategories for tandems, recumbents, fixed gear, and classic bikes. A Race Across America (RAAM) Qualifier, starts and ends in Reno and traverses across Highway 50; also known as "the Loneliest Road to America", Robert Panzera, 917-543-2670, [robert@ccsd.com](mailto:robert@ccsd.com), Jo Panzera, [jo@ccsd.com](mailto:jo@ccsd.com), [the508.com](http://the508.com)

**September 18, 2022 — Arizona State Time Trial 40K Championships**, Picoacho, AZ, Arizona State Individual Time Trial, 40K, Course out & back, flat, first ride start 6:30 AM, rider go off by 30 seconds intervals. USA Cycling State awards., Joey Lullano, [lullano88@gmail.com](mailto:lullano88@gmail.com), [azcycling.org/event/state-time-trials-20-and-40k/](http://azcycling.org/event/state-time-trials-20-and-40k/)

**September 18, 2022 — Oakland Grand Prix**, Oakland, CA, Exciting multi lap criterium racing in uptown Oakland for the 16th year. USAC licensed., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [velopromo.com](http://velopromo.com)

**September 18, 2022 — 3 Bears TT #1**, Picoacho, AZ, State TT championship and tandem, [azcycling.org/event/3-bears-tt-1/](http://azcycling.org/event/3-bears-tt-1/)

## Utah Road Touring and Gran Fondos

**May 7, 2022 — FrontRunner Metric Century Ride**, Salt Lake City, UT, 11th Annual Point to point metric century (62.5 miles) bicycle ride from Salt Lake City's Intermodal Hub to Ogden. Return to Salt Lake City via the UTA FrontRunner train service. Your bicycle will be transported via private truck to SLC. Registration opens Christmas Day! We sold out for the last few years, register early and don't miss out. Only 640' of total climbing. Matt Storms, 801-230-9270, [staff@forthewinracing.com](mailto:staff@forthewinracing.com), [frontrunnercentury.com](http://frontrunnercentury.com)

**May 7, 2022 — Wasatch Front Brevet**, Salt Lake Randonneurs Brevet Series, North Salt Lake City, UT, 125 or 190 mile self-supported brevet starting in North Salt Lake. Ride over Big Mountain and North Ogden Divide, then to Antelope Island and complete the loop, Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), Ken Moss, 801-833-2782, [iba@saltlakerandos.org](mailto:iba@saltlakerandos.org), [saltlakerandos.org](http://saltlakerandos.org)

**May 7, 2022 — Gran Fondo Moab**, Moab, UT, Mass start timed road cycling event on the beautiful La Sal Loop road, 60 miles with 5500 feet of climbing. Not a sanctioned race, but you will get a time, awards, and placings. Scott Newton, 800-635-1792, 970-275-1633, [info@granfondomoab.com](mailto:info@granfondomoab.com), [granfondomoab.com](http://granfondomoab.com)

**May 14, 2022 — Ride for the Angels**, Copperton, UT, 11th Annual. Start: 8:30am; 8655 West 10390 South Copperton Park; Routes: 25, 50 miles and Metric Century 62.5 miles; \$50.00 includes swag bag and ride shirt. With each registration you will be entered to win a new bike. Drawing to be held Saturday at 8:00 am, right before the start of the event. Rest stops and road support. Great cause! Post Ride Picnic too, Dennis Carrigan, 801-201-5164, [dennis@angelsbands.org](mailto:dennis@angelsbands.org), [angelsbands.org](http://angelsbands.org)

**May 14, 2022 — Golden Spoke**, Utah Bike Month, Wasatch Front, UT, 4th Annual, features 100 miles of interconnected trail systems across the Wasatch Region with multiple starting locations from Provo to Ogden, Utah. This year's theme also highlights the theme of the Spike 150 celebration of the completion of transcontinental railroad. Rides of various lengths — with 100 mile, 75 mile, 50 mile, 25 mile, 10 mile and 1.5 mile segments — will feature connections with local communities around various historic and contemporary railroad themes. Some stretches of trail in Utah, Davis and Weber County, will also include rail to trails cycling paths. The rides are geared for fun and community engagement rather than competition, and are planned to accommodate riders of all ages and abilities. Heidi Goedhart, 801-783-8426, [hgoedhart@utah.gov](mailto:hgoedhart@utah.gov), [goldenspokeutah.gov](http://goldenspokeutah.gov)

**May 21, 2022 — Backroads of the Great Basin 400K**, Salt Lake Randonneurs Saratoga Springs, UT, Self-supported brevet starting in Saratoga Springs, touring thru Eureka and Nephi. 190 or 250 mile options. Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), Ken Moss, 801-833-2782, [iba@saltlakerandos.org](mailto:iba@saltlakerandos.org), [saltlakerandos.org](http://saltlakerandos.org)

**May 21, 2022 — Tim Wagsgaard Memorial Ride for Education**, Kayville, UT, A comfortable metric century ride through scenic countryside through Weber and Davis County. Enjoy a mixture of plains and hills throughout Northern Utah. Fully supported, lunch provided with all paid registration. Proceeds go to support Utah public education students via a scholarship fund., Jeremiah Sniffin, 801-269-9320, 385-347-2717, [jniffin@useaut.org](mailto:jniffin@useaut.org), [useautah.org](http://useautah.org)

**June 4, 2022 — Little Red Riding Hood**, Lewiston, UT, Women only century ride, 27, 36, 50, 70 and 100 mile distances in Cache Valley, fundraiser for Women's Cancer Research at the Huntsman Cancer Institute. Reg. will be available early January. This event sells out quickly., Penny Perkins, [penper@centurylink.net](mailto:penper@centurylink.net), Curt Griffin, [lrh@bbtc.net](mailto:lrh@bbtc.net), [bccutah.org/lrh](http://bccutah.org/lrh)

**June 4, 2022 — Ride the Gap Century**, Ride Southern Utah Road Gran Fondos, Parowan, UT, Enjoy cooler weather in the high country of beautiful Southern Utah. Fun and fast with a mileage option for every rider. Nothing like a small town with big fun! Enjoy open roads and very little traffic., Joey Dye, 435-674-3185, [joey@redrockbicycle.com](mailto:joey@redrockbicycle.com), Margaret Gibson, 435-229-6251, [margaret@redrockbicycle.com](mailto:margaret@redrockbicycle.com), Ryan Gurr, [info@spingeeeks.com](mailto:info@spingeeeks.com), [ridesouthernutah.com](http://ridesouthernutah.com)

**June 10-11, 2022 — Raspbery Ramble Series**, Salt Lake Randonneurs Brevet Series, Logan, UT, Self-supported brevet 188, 250 or 375-miles in Cache Valley and southern Idaho., AM start in Logan, Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), Ken Moss, 801-833-2782, [iba@saltlakerandos.org](mailto:iba@saltlakerandos.org), [saltlakerandos.org](http://saltlakerandos.org)

**June 11, 2022 — Huntsman SportsFest - Run, Ride, Play, Support Cancer Research**, Salt Lake City, UT, An epic ride supporting Huntsman Cancer Institute (HCI). Distance: 25, 50, 75, 100 & 140-miles. 100% of all funds support the mission of HCI., Jen Murano-Lucker, 801-584-5815, [jmurano@huntsmanfoundation.org](mailto:jmurano@huntsmanfoundation.org), [huntsmansportsfest.com](http://huntsmansportsfest.com)

**June 25-26, 2022 — Bike MS: Harmons Best Dam Bike Ride**, Bike MS, Logan, UT, Join thousands of cyclists from around the region and celebrate 34 years of Bike MS: the premier fundraising cycling series in the nation raising funds for a world free of MS. The Bike MS experience offers route options ranging from 45 to 150 miles over two days and is friendly to all abilities with rest stops every 8-12 miles. Camping, meals, and entertainment based out of Cache Valley Fairgrounds (400 S 500 W) in Logan., Melissa Matthews, 801-424-0112, [Melissa.Matthews@nms.org](mailto:Melissa.Matthews@nms.org), Sara Allsuaq, 774-254-2668, [sara.allsuaq@nms.org](mailto:sara.allsuaq@nms.org), Renata Sahagian, 619-693-8128, [Renata.Sahagian@nms.org](mailto:Renata.Sahagian@nms.org), [bikemsutah.org](http://bikemsutah.org)

**July 9, 2022 — Cache Gran Fondo**, UCI Gran Fondo World Series, USA and UCI Gran Fondo National Series, Logan, UT, Celebrating our 11th year and 3rd year as the only qualifying event in the Western US for both the UCI Gran Fondo World Championship and the USAC Cycling Gran Fondo Triathlon Championship, and a true Gran Fondo where riders of all abilities are invited to participate. Chose from distances of 35, 53, 76 and 104-mile courses on Saturday during a fun, low-traffic, and scenic route in Cache Valley, UT. The finish is a festival for all riders, with race prizes, recreational rider prizes (UCI winners receive a jersey and medal), finisher medals, and unique jerseys at a cost. 20% of UCI racers in 16 different age categories qualify for UCI World Championships and Top 5 in each category qualify for National Championships., Richard Sturm, 435-462-2266, [richard@eogear.com](mailto:richard@eogear.com), Ken Moss, 801-833-2782, [iba@saltlakerandos.org](mailto:iba@saltlakerandos.org), [saltlakerandos.org](http://saltlakerandos.org)

**July 15, 2022 — Antelope by Moonlight Bike Ride**, Antelope Island, UT, 28th Annual Ride, 10:00 pm. Open to participants of all ages, Antelope Island Marina to Fielding Garr Ranch and back. Experience Antelope Island after-hours under the full moon. Sponsored by Moonlight, 801-451-3237, [antelopetide@avaviscountyutah.gov](mailto:antelopetide@avaviscountyutah.gov), [daviscountyutah.gov/moonlight](http://daviscountyutah.gov/moonlight), [antelopeby-moonlight.com](http://antelopeby-moonlight.com)

**July 16, 2022 — Iron Lung Ride**, Huntsville, UT, 40, 60, or 100 mile options out and back starting in Huntsville with a solid climb up Old Snowbasin trail, down Treppers Loop, through Morgan and out to the top of Big Mountain. Challenging climbing, with plenty of rollers and flats to recover. Utah Triple Crank qualifier, along with LOTOJA and Kokopeli Relay., Michelle Lyman, 801-941-5526, [info@ironlungride.com](mailto:info@ironlungride.com), [ironlungride.com](http://ironlungride.com)

**July 29-30, 2022 — Saints to Sinners Bike Relay**, Salt Lake City, UT, Fun relay road race from Salt Lake to Las Vegas. Over 500 miles with elevations from 1500 to 10500 feet. Race in teams through the night, fundraiser event for ALS/Lou Gehrig's Disease., Steven Tew, 801-822-4870, [Steven@SaintstoSinners.com](mailto:Steven@SaintstoSinners.com), Chad Neumeyer, 801-856-7018, [chad@saintstosinners.com](mailto:chad@saintstosinners.com), [SaintstoSinners.com](http://SaintstoSinners.com)

**August 13, 2022 — To the Moon and Back Century Ride**, Tabiona, UT, Located in the High Uintas, four ride options: 150 miles, Century, 75, 50, and 25. Ride back roads of Duchesne County, very minimal traffic. Free overnight camping. Elevations from 6,522 to 8,150. Fully Supported Ride. 100% of proceeds go to Rapha House., Karen Redden, 435-828-0467, [roxyredden@gmail.com](mailto:roxyredden@gmail.com), [tothemoonandback-events.com](http://tothemoonandback-events.com)

**August 20, 2022 — Sevier Valley Rooster Ride**, Richfield, UT, Sevier County is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Medal and Tee Shirt and custom DNA socks will be provided. 33 mile option has a 800 ft gain, 1.163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option. Also a 5 mile family ride, Chad McWilliams, 435-893-0457, 844-469-8724, [cmcwilliams@sevier.utah.gov](mailto:cmcwilliams@sevier.utah.gov), [roosterride.net](http://roosterride.net)

**August 20, 2022 — Wildflower Pedalfest**, Morgan, UT, A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**August 27, 2022 — Cache Valley Century Tour**, Richmond, UT, 35, 60, or 100 mile options. Proceeds benefit Common Ground, a Logan, Utah non-profit. Funds support their adaptive cycling program. Richmond to Preston, Idaho and back through scenic terrain. Great last century before LOTOJA!, Bob Jardine, 435-713-0288, 435-757-2889, [info@CacheValleyCentury.com](mailto:info@CacheValleyCentury.com), Sammie Macfarlane, 435-713-0288, [sammie@cgadventures.org](mailto:sammie@cgadventures.org), CJ Sherlock, 435-713-0288, 435-757-2889, [info@CacheValleyCentury.com](mailto:info@CacheValleyCentury.com), [CacheValleyCentury.com](http://CacheValleyCentury.com)

**August 27, 2022 — Summit Challenge**, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget — all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf

Creek Ranch property which is usually closed off to road bikers. Enjoy a ride length of your choice and end up back at the National Ability Center for food, drinks and music., Chelsea Rybak, 435-649-3991, 435-200-0990, [events@discovernac.org](mailto:events@discovernac.org), Kelly Striefel, 435-649-3991, [kelly@discovernac.org](mailto:kelly@discovernac.org), [summitchallenge100.org](http://summitchallenge100.org), [discovernac.org](http://discovernac.org)

**August 27, 2022 — CF Cycle For Life**, Henefer, UT, One of Utah's best supported charity rides. A healthy multi-length challenge, not race, for all level of riders, beautiful ride with five route options - 24, 36, 55, 80, 100 Miles. Supporting the Cystic Fibrosis Foundation in its mission to find a cure for CF., Laura Hadley, 801-532-2335, 801-558-8310, [lhadley@cff.org](mailto:lhadley@cff.org), Erin Hurtado, 801-532-2335, [ehurtado@cff.org](mailto:ehurtado@cff.org), [fightcf.cff.org/site/?r?id=8753&pg=entry](http://fightcf.cff.org/site/?r?id=8753&pg=entry)

**August 27, 2022 — Gran Fondo Salt Lake**, Tooele, UT, 100 miles, the metric century (62 miles), or 30 miles. Held at the Utah Motorsports Campus, through the west desert South of Grantsville, climbing Johnson pass, and back. Minimal traffic on this picturesque desert ride. 6 feed stations on route. Food at the Utah Motorsports Campus after the event. New in 2022: camping onsite, 5k time trial Friday evening, and triathlon Friday evening., Dan Aamodt, [info@skolevents.com](mailto:info@skolevents.com), [GranFondoSaltLake.com](http://GranFondoSaltLake.com)

**September 11-17, 2022 — Tour of Southern Utah**, St. George, UT, 7-day tour including Zion, Bryce, Capitol Reef and More. 60-100 miles per day. Opportunities to work part/rider part., Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**September 17-18, 2022 — Moab Century Tour**, Moab, UT, The Moab Century Tour sends riders across Moab's unique topography of mountain passes, canyons, and the mighty Colorado River. From gaining elevation into the La Sal Mountains (including "The Big Nasty!"), to carving down red rock canyons, and finishing along the Colorado River, this event has landscape worth training for! Live music, beverages, great food await you at the post-ride party. Join us in September when temperatures cool down, the fall foliage comes alive, and cyclists from across the country unite in red rock country to experience awe-inspiring landscapes. An annual fundraiser to benefit cancer survivorship programs, your registration includes a donation to Moab Healthcare Foundation. Groups use the event to inspire fundraising for large and small foundations. Ask how your beneficiary can participate., Beth Logan, 435-260-8889, 435-260-2334, [info@skinnytireevents.com](mailto:info@skinnytireevents.com), [skinnytireevents.com](http://skinnytireevents.com)

**September 17, 2022 — Goldlocks Utah**, Goldlocks Bike Ride, Provo, UT, Goldlocks is a women only bike ride, with a gorgeous route starting at Provo Town Center and beautiful fall weather! With 100, 80, 60, 40, and 20 mile route options, Goldlocks has a route that is "just right" for everyone!, Jackie Karlberg, 520-227-7720, [karlberg@gracing@gmail.com](mailto:karlberg@gracing@gmail.com), [goldlocks.events/provo](http://goldlocks.events/provo)

**September 17, 2022 — 5 Canyons Bike Challenge**, Sandy, UT, One of the most daunting and beautiful cycling challenges in the country, ascending more than 14,000 feet over 116 miles through all five of Salt Lake City's picturesque riding canyons before finishing at the Utah Capitol building. Comprising three HC climbs and two Category 2 climbs, the ride has more vert than almost any other ride in America and certainly the steepest average gradient! Participants may elect to ride one, two, three, four or all five of the canyons, Greg Hoole, 801-272-7556, [greg@teammwheelforjustice.org](mailto:greg@teammwheelforjustice.org), [5Canyons.org](http://5Canyons.org)

**September 23-24, 2022 — Bike the Bear Century**, Garden City, UT, 100 and 50 miles. Begins at Raspberry Square in Garden City, UT. Ride around the scenic Bear Lake loop on the Utah/Idaho border!, Nelson Palmer, 435-760-6901, 801-479-5460, [nrpalmer@comcast.net](mailto:nrpalmer@comcast.net), Tom Jensen, 801-475-7488, [tom.jensen@scouting.org](mailto:tom.jensen@scouting.org), [trap-partials.org/bike](http://trap-partials.org/bike)

**September 23-24, 2022 — Salt to Saint Relay**, Salt Lake City, UT, 420 mile relay race from Salt Lake City to St. George following Hwy 89, Broken into 24 legs. Ride Solo, or as 4 or 8 person relay teams. Men, Women, and Mixed categories., Clay Christensen, 801-234-0399, [info@enduranceutah.com](mailto:info@enduranceutah.com), [salttosaint.com](http://salttosaint.com)

**September 23-24, 2022 — Sevier Valley Rooster Ride**, Richfield, UT, Sevier County is presenting a 33, 55, or 100 mile bike ride thru scenic Central Utah. Event will be chipped, with fully stocked rest stops, great swag and lunch. Medal and Tee Shirt and custom DNA socks will be provided. 33 mile option has a 800 ft gain, 1.163 ft gain for the 55 mile option, and 4,061 ft for the 100 mile option. Also a 5 mile family ride, Chad McWilliams, 435-893-0457, 844-469-8724, [cmcwilliams@sevier.utah.gov](mailto:cmcwilliams@sevier.utah.gov), [roosterride.net](http://roosterride.net)

**August 20, 2022 — Wildflower Pedalfest**, Morgan, UT, A non-competitive, women only road bike ride. All ages and levels welcome. The 65 mile course option has a timed hill climb with prizes., Nick Bowsher, 801-610-9422, [info@wildfloweroutdoor.com](mailto:info@wildfloweroutdoor.com), [wildfloweroutdoor.com](http://wildfloweroutdoor.com)

**August 27, 2022 — Summit Challenge**, Park City, UT, Riders of all ages and abilities will hit the pavement for a 100, 80, 50, 25, or 16-mile road ride event in support of the National Ability Center's mission. All three fully-supported routes of this event follow paved roads in and around the beautiful Park City mountainside. This exciting event promises to serve up a challenge for a wide range of cycling levels and abilities. And don't forget — all Summit Challenge riders who have a disability can register and ride for free! The 100 ride goes through the prestigious Wolf

[laurin@zardheadcycling.com](mailto:laurin@zardheadcycling.com), [zardheadcyclingguides.com](http://zardheadcyclingguides.com)

**May 14-15, 2022 — Bike MS: Los Angeles Coastal Challenge**, Bike MS, Ventura, CA, Choose your start line and build your own adventure. Start in Ventura for an easy 30 miles along the river path or Santa Monica for breathtaking 62 miles along PCH or take the challenge and do 105 miles for a combo of mountain and coastal riding. Everyone will come together for an epic finish at the San Buenaventura State Beach Park to celebrate with food, drinks, music and fun! Overnight in Ventura then enjoy the beauty of Ventura County's coastline and the hills and lakes of Ojai., Renata Sahagian, 619-693-8128, [Renata.Sahagian@nms.org](mailto:Renata.Sahagian@nms.org), JJ Hoffman, 323-839-6414, [jahoffe.hoffman@nms.org](mailto:jahoffe.hoffman@nms.org), [bikemsi.org](http://bikemsi.org)

**May 15, 2022 — Strawberry Fields Forever**, Watsonville, CA, 30,60, and 100 mile touring (including beautiful Santa Cruz and Monterey Counties, CA. Sponsored by Cyclists for Cultural Exchange, and includes rest stops, support, full dinner (including strawberries and fresh cream!) at the finish., Robert Leibold, 209-604-1354, [velopro1@gmail.com](mailto:velopro1@gmail.com), [strawberryfields.org](http://strawberryfields.org)

**May 21, 2022 — Cycle for Independence**, Boise, ID, Fundraiser for the treasure Valley Chapter of the National Federation of the Blind, 10, 25, and metric century (62.5 miles), individual and team rides, routes begin in northwest Boise, supported ride. After ride burgers with all the fixings combined with socializing, music, festivities and prizes., Ramona Walhof, 208-336-5333, [cycleforindependence@gmail.com](mailto:cycleforindependence@gmail.com), Allan Schneider, 208-870-4831, [aaschneider@hotmail.com](mailto:aaschneider@hotmail.com), [cycleforindependence.org](http://cycleforindependence.org)

**May 22, 2022 — Santa Fe Century and Gran Fondo**, Santa Fe, NM, 36th Annual. Beautiful scenery, outstanding food stops and very reasonable registration fees. Century, Half-Century, and 25 mile tours are offered as well as two timed events: Gran Fondo (100 mile timed ride), Medio Fondo (50 mile timed ride). Enjoy massages, great food and local craft beers following the rides., Michael McCalla, 505-600-1840, [idea@santafeevent.com](mailto:idea@santafeevent.com), [santafeevent.com](http://santafeevent.com)

**May 28, 2022 — Tour of Marsh Creek Valley**, Pocatello, ID, Fully supported ride with snack and drinks at Inkom, McCammon, and the Downey turns. Options of 26, 60, or 100 miles between Pocatello and Malad Pass. 21st Annual, Mike Collaer, 208-681-0919, 208-533-5445, [mikecollaer@hotmail.com](mailto:mikecollaer@hotmail.com), Jeff Tingey, 208-232-8996, [jeff.tingey.13@gmail.com](mailto:jeff.tingey.13@gmail.com), [blecreekrace.com](http://blecreekrace.com)

**May 28, 2022 — Heartbreak Century and Double Century**, King of the Mountains Century Challenge, Frazier Park, CA, 100 or 200 mile ride on the roads less traveled in the Los Padres National Forest, Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**June 4, 2022 — Just for the Hill of It**, White Bird, ID, Benefit for Syringa Hospital & Clinics Hospice, face the challenging switchbacks of the Old White Bird Grade. Experience 13 miles with a gentle climb starting at Hammer Creek at 1600' and continuing to the summit at 3800'. Breathtaking views. All ages are welcome to come & join in the fun. Cindy Higgins, 208-983-8550, [chiggins@syringahospital.org](mailto:chiggins@syringahospital.org), [syringahospital.org/hill-of-it-challenge.html](http://syringahospital.org/hill-of-it-challenge.html)

**June 4, 2022 — Tour de Lava**, Lava Hot Springs, ID, Distance 16, 32 and 50 miles. All money raised including registration fee goes to Huntsman for cancer research for Prostate Cancer and promoting prostate cancer awareness 1-9 men will get prostate cancer. Simple blood test for PSA., Jeff Tingey, 208-232-8996, [jeff.tingey.13@gmail.com](mailto:jeff.tingey.13@gmail.com), [barnissports.com](http://barnissports.com)

**June 4, 2022 — Eastern Sierra Double Century**, California Triple Crown and Planet Ultra Grand Slam Endurance Series, Bishop, CA, 200 mile ride including Mammoth and June Lake, Deborah Bowling, 818-889-2453, [embassy@planetultra.com](mailto:embassy@planetultra.com), [planetultra.com](http://planetultra.com)

**June 5, 2022 — America's Most Beautiful Bike Ride - Lake Tahoe**, Stateline, NV, 102, 72 mile options around Lake Tahoe. In conjunction with the Leukemia & Lymphoma Society Team in Training program. Fully supported with rest stops, tech support and SAG. Curtis Grogg, 800-565-2704, 775-771-3246, [tag@bikethest.com](mailto:tag@bikethest.com), [bikethest.com](http://bikethest.com), [bikethest.com](http://bikethest.com)

**June 5, 2022 — Elephant Rock**, Outside Events Cycling Series, Castle Rock, CO, The final year of the event, riders won't want to miss the final send off of Elephant Rock. The Colorado cycling classic offers three road courses (44, 60, and 100 miles), a great family ride at 8-miles, a kids race and lots of bikes, bands and camaraderie with the Colorado Bike Expo taking place during the event., Tracy Powers, [eventsupport@outsideinc.com](mailto:eventsupport@outsideinc.com), [events.outsideonline.com](http://events.outsideonline.com)

**June 11, 2022 — Fremont Area Road Tour (FART)**, Lander, WY, This event showcases the Lander cycling experience and offers an adventure for the whole family. The group tour begins on Main St with a police escort down our iconic Main St. Riders then take off on the picturesque Baldwin loop before heading up Sinks Canyon for one of the best road rides in the state. 2022 will see the addition of a kids' ride along our scenic creek trail, striders welcome!

June 18, 2022 — Spinderella. Pocatello, ID, 10th Annual, ladies-only ride featuring five scenic routes, from 10 to 100 miles. Roll-out begins at 6:00 am at Ross Park in Pocatello, ID. ...

June 18, 2022 — CHAFE 150 Gran Fondo. Sandpoint, ID. The 150 mile route is a grand loop around the Cabinet Mountains through gorgeous lake and river valleys, encompassing one upriver leg, two downriver legs and one huge lake! In addition, CHAFE offers magnificent 100, 80, 40, and 25 mile routes for riders of any level. ...

June 25, 2022 — RATPOD (Ride Around the Pioneers in One Day). Dillon, MT. Now a virtual ride: RATPOD is now RATPOD Unlimited - Your RATPOD, Your way. You can ride any distance you choose, from anywhere you are located all in support of Camp Mak-A-Dream. ...

June 25, 2022 — Cheyenne Superday Tour de Prairie. Cheyenne, WY. This long-distance, 100-mile, course route heads out and back from Cheyenne through the open, rolling prairie into the town of Chugwater for a uniquely Wyoming tour. ...

June 25, 2022 — Alta Alpina Challenge. Markleeville, CA. Experience the breathtaking scenic beauty of classic Sierra roadways. Metric and Century options and more or pick one or more of the famous Alta Alpina passes for a personalized ride (30 miles and up). ...

June 25-26, 2022 — Bike MS: Colorado. Bike MS, Westminster, CO. With breathtaking mountain views and crisp mountain air, take in the views of Longs Peak, Colorado's most famous 14er, in an area known as one of Colorado's most scenic outdoor paradises. ...

July 16-22, 2022 — Tour de Wyoming. Rock Springs, WY. Bike tour through Wyoming with daily distances from 55 to 70 miles. Amber Travky, 307-742-5840, atravsky@wyoming.com, cyclewyo@mta.org, tourdewyoming.org

July 16, 2022 — Tour de Steamboat. Steamboat Springs, CO. Annual bicycle event that brings together 1,200 cyclists for a one-day ride through beautiful Northwest Colorado, taking in Rabbit Ears Pass, Gore Pass, Yellow Jacket Pass, Stagecoach, Yampa and Oak Creek. ...

July 16, 2022 — Death Ride - Tour of the California Alps. Markleeville, CA. Challenge yourself to the premier cycling event in California. With 103 miles, over 14,000' of climbing, and up to six (6) HC climbs through the stunning Sierra Nevada mountains, this ride is sure to challenge and inspire you. ...

July 16-17, 2022 — Seattle to Portland (STP). Seattle, WA. The Kaiser Permanente Seattle to Portland (STP) presented by Alaska Airlines Bicycle Classic is a 200+ mile one or two-day ride through western Washington. ...

August 27-28, 2022 — Bike MS: Pedal los Pueblos. Bike MS, Albuquerque, NM. Cycle through Albuquerque's majestic, breathtaking scenery with a community of riders dedicated to changing the world for people with MS. ...

July 23, 2022 — Fondo on the Palouse. Moscow, ID. Starting at 0700 in Moscow, pick from 3 courses (15, 50, 100 miles) that build on themselves to provide a touring experience of the Palouse as its communities celebrate along the way. ...

July 23, 2022 — Santa Cruz Mountains Challenge. Santa Cruz, CA. 45 Miles with about 3,000 feet of climbing. Metric and Century (100 miles) with about 10,000 feet of climbing. ...

August 6, 2022 — Tour de Big Bear. Big Bear Lake, CA. 10th Anniversary Edition. Southern California's favorite ride! Features legendary aid stations, beautiful mountain scenery and spectacular summer weather. ...

August 6, 2022 — Copper Triangle Alpine Cycling Classic. Outside Events Cycling Series, Copper Mountain, CO. There's never a bad time to train for a true alpine cycling classic like Copper Triangle. ...

September 10, 2022 — Tour of the Moon. Outside Events Cycling Series, Grand Junction, CO. Want to take an epic trek through the Colorado National Monument? Check out Tour of the Moon and tackle a metric century ride or opt for a 41-mile loop back into Grand Junction. ...

August 6-7, 2022 — Bike MS: Willamette Valley. Bike MS, Monmouth, OR. Enjoy some of the most picturesque sites in the Valley as you cross a covered bridge, cruise along golden wheat fields and pedal through Willamette Valley Vineyards. ...

August 13-14, 2022 — Bike MS: Wyoming's Bighorn Country Classic. Bike MS, Sheridan, WY. Enjoy the beautiful views of the Bighorn Mountains and get a taste of new and old as you wind through a modern college campus and historic towns of the old west. ...

August 13, 2022 — Stonewall Century Bicycle Ride. La Veta, CO. 19th Annual. This out-and-back ride offers cyclists stunning beauty and smooth, wide, paved Colorado's scenic Highway of Legends (State Hwy 12) between La Veta and Segundo is the backdrop for 25-, 50- and 102-mile routes. ...

August 13, 2022 — Four Peaks Gran Fondo. Pocatello, ID. One Day, 82 miles, Four Peaks: 7900ft total elevation gain. Climb the peaks of the Portneuf Valley; Crystal, Scout Mountain, Pebble Creek, Buckskin. ...

August 20, 2022 — HEART of Idaho Century Ride. Idaho Falls, ID. 25, 62, and 100 mile options. Entry fees cover entry, 1-shirts, fully stocked rest stops, and post ride BBQ. ...

August 20, 2022 — The Triple Bypass. Evergreen, CO. The legendary Triple Bypass is 110 miles with 10,000' of climbing and travels over 3 beautiful mountain passes from Evergreen to Vail. ...

August 21-27, 2022 — Yellowstone National Park Bike Tour. Belgrade, MT. Multiple dates. Experience the world's first national park! 7-Day tour includes 6 nights lodging/meals, guide service, entrance fees, daily lunch en route, and more! ...

August 27, 2022 — Venus de Miles. Lyons, CO. Venus de Miles is for all skill levels and features courses to accommodate any active woman - whether this is your first athletic event or your hundredth. ...

August 27, 2022 — Enchanted Circle, TENTATIVE. Outside Events Cycling Series, Red River, NM. The Enchanted Circle Bicycle Tour is a scenic, southwest cycling experience with rolling hills, fast descents and rewarding climbs. ...

August 27-28, 2022 — Bike MS: Pedal los Pueblos. Bike MS, Albuquerque, NM. Cycle through Albuquerque's majestic, breathtaking scenery with a community of riders dedicated to changing the world for people with MS. ...

August 28, 2022 — Golden Gran Fondo. Gran Fondo National Series, Golden, CO. Starting in historic Golden, CO, this event features long Rocky Mountain climbs and descents, elevations between 5,600 - 11,000 feet above sea level, and a great downtown park atmosphere for the finish line party. ...

September 10, 2022 — Race the Rails. Ely, NV. Race the train in Ely! Fun for the whole family! Race a coal fired steam engine that is over 100 years old. ...

September 10, 2022 — American Diabetes Association's Tour de Cure Colorado. Parker, CO. Join IDC as one of the most successful and beautiful fundraising rides in Colorado this September 10th. ...

September 10, 2022 — Tour of the Moon. Outside Events Cycling Series, Grand Junction, CO. Want to take an epic trek through the Colorado National Monument? Check out Tour of the Moon and tackle a metric century ride or opt for a 41-mile loop back into Grand Junction. ...

September 10-18, 2022 — California Coast Classic. San Francisco, CA. The Arthritis Foundation's California Coast Classic Bike Tour, presented by Amgen, covers 525 miles from San Francisco to Los Angeles over eight days along Highway 1. ...

September 10-17, 2022 — Ride the Rim. Crater Lake, OR. Ride the Rim Crater Lake offers a vehicle-free way to experience Crater Lake National Park with 25 miles and 3,500 feet of climbing. ...

September 10-11, 2022 — Bike MS: Deception Pass Classic. Bike MS, Seattle, WA. Enjoy breathtaking views as you cross the Deception Pass Bridge providing a one-of-a-kind experience as we come together to reach out goal - a world free of MS. ...

September 11, 2022 — Tour de Tahoe - Bike Blue. Lake Tahoe, NV. Around Lake Tahoe's 72 mile Shoreline. Fully supported with rest stops, tech support and SAG. ...

September 11, 2022 — Tour de Vineyards. Outside Events Cycling Series, Palisade, CO. Head to Palisade this fall and enjoy the vineyards, orchards and mesas of Colorado's Western Slope at the 26th annual Tour de Vineyards. ...

September 17-18, 2022 — Bike MS: Waves to Wine. Bike MS, San Francisco, CA. Join us as we venture from the heart of San Francisco riding across the famous Golden Gate Bridges and overnight in the middle of beautiful wine country. ...

September 18, 2022 — GFNY Santa Fe. Grand Fondo New York, Santa Fe, NM. The roads of GFNY Santa Fe will take riders through the spectacular and diverse terrain of the southwest. ...

September 24, 2022 — Tri-States Gran Fondo. Mesquite, NV. 112 miles, 7,500ft of climbing, three States - Nevada, Arizona, Utah, all in one spectacular day of cycling. ...

September 24, 2022 — Mountains to the Desert Bike Ride. Telluride, CO. 17th Annual. Ride from the beautiful mountains of Telluride to the incredible desert landscape of Gateway, CO for the Just for Kids Foundation! ...

September 24-25, 2022 — Bike MS: Cycle the Silver Valley. Bike MS, Coeur d'Alene, ID. Spot moose and bears high up in the rural mountains of Northern Idaho during this Bike MS experience offering route options ranging from 22 to 106 miles over two days. ...

September 24, 2022 — Coldwell Banker Denver Century Ride. Denver, CO. Cycle the City - Discover urban cycling in Denver within a safe, fun & enjoyable experience. ...

September 25-October 1, 2022 — OATBRN. Lake Tahoe, NV. 31st annual One Awesome Tour Bike Ride Across Nevada! Following the Legendary Pony Express Trail on U.S. Hwy. 50. ...

September 25, 2022 — Tour of the Rio Grande Bicycle Century. Albuquerque, NM. The flat-test tour in New Mexico taking riders from near the Albuquerque International Sunport south to Bernardo and back! ...

September 25, 2022 — Boulder Peak Triathlon. Boulder, CO. Sprint and Olympic distances, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195. ...

September 25, 2022 — Echo Triathlon. TriUtah Points Series, Coalville, UT. 19th Annual. Warm July temperatures, a scenic ride in Utah's unique Echo Canyon, and a run on the Historic Roll Trail makes for the perfect event for both seasoned athletes and beginners. ...

September 25, 2022 — Xterra Beaver Creek. Xterra America Tour, Avon, CO. The last of four regional in the Xterra America Tour, featuring sprint and championship distance off-road triathlon options. ...

September 25, 2022 — Tri Boulder. BBSCTwin Tri Series, Boulder, CO. One of the fastest growing triathlons in Colorado. Challenge yourself at mile high elevation. ...

September 25, 2022 — Donner Lake Triathlon. Truckee, CA. One of the best! The Donner Lake Triathlon is a favorite California Triathlon of many triathletes. ...

September 25, 2022 — Steamboat Lake Triathlon. Steamboat Lake, CO. Sprint Distance Triathlon, Aquabike, & Stand-Up Paddle-Board Options at Steamboat Lake. ...

September 25, 2022 — Burley Idaho Lions Spudman Triathlon. Burley, ID. The race starts at 7 am with the world's fastest 1.8k swim (current-aided) then a 40K Bike and 10K run. ...

September 25, 2022 — Sand Hollow Triathlon. BBSCTwin Tri Series, Hurricane, UT. The first race of the Twin Tri series at Sand Hollow State Park, with Sprint, Olympic, Du, Aquabike, 10k, and 5k distances.

September 25, 2022 — Ironman 70.3 Boulder. Boulder, CO. Ironman 70.3 Boulder. Ironman.com

September 25, 2022 — Wild Ride Mountain Triathlon (USAT American Tour Points). Wild Rockies Series, McCall, ID. Ponderosa State Park at Payette Lake. ...

September 25, 2022 — East Canyon Triathlon. TriUtah Points Series, Morgan City, UT. 9th Annual. This race boasts stunning scenery, a fast, technical bike course, and hometown hospitality like no other. ...

September 25, 2022 — Xterra Lake Tahoe. Xterra America, Incline Village, NV. Xterra, Sprint, and Duathlon. Course Distance: Full Course: 2X 750 meter swim laps with a 50 meter beach run, 22 mile bike, 6 mile run. ...

September 25, 2022 — Outdoor Divas Triathlon. Longmont, CO. Union Reservoir, Sprint, women only triathlon, Lance Panigutti, 303-408-1195. ...

September 25, 2022 — Boulder Sunset Triathlon. Boulder, CO. Summer months are coming to an end but our tri season is still heating up! Join us at the Boulder Reservoir for the 13th Annual Boulder Sunset Triathlon. ...

September 25, 2022 — Lake Tahoe Triathlon. Tahoma, CA. Offers a truly beautiful and challenging experience. Half triathlon, 70.3, Olympic Triathlon, Sprint Triathlon, Duathlon, Aquabike. ...

September 5, 2022 — South Davis Labor Day Triathlon. South Davis Racing Series, Bountiful, UT. Now a virtual race! Start at 8:00 am. Swim 350 yds; Bike 12:02 mi; Run 5k. ...

September 10, 2022 — Brineman Triathlon. TriUtah Points Series, Syracuse, UT. 5th annual. This event not only boasts a spectator friendly swim, a bike course you've only dreamt of and a fast/flat run, but this year it's also the home of the first ever Olympic course Utah State Triathlon Championship. ...

September 10, 2022 — Harvest Moon Triathlon. Boulder, CO. Long course, at Boulder Reservoir, Triathlon, Duathlon, Aquabike, Lance Panigutti, 303-408-1195. ...

September 11, 2022 — Ironman 70.3 Santa Cruz. Santa Cruz, CA. 70.3 Ironman. Boulder70.3@ironman.com, ironman.com

September 17, 2022 — Kokopelli Triathlon. BBSCTriathlon Series, Hurricane, UT. This family-friendly event at Sand Hollow Reservoir has something for everyone! ...

September 17, 2022 — Bear Lake Brawl Triathlon. St. Charles, ID. This race is a great course. Bluest water in Utah and Idaho. This is often called the Caribbean of the Rockies. ...

September 17, 2022 — Tahoe Adventure Challenge. Truckee, CA. A multi-sport event in which teams and individuals participate and compete in kayaking or stand up paddling, mountain biking, trail running, and navigation. ...

September 17, 2022 — Range 2 River Relay. Salt Lake City, UT. The Range 2 River Relay is an active transportation team race to explore the Salt Lake Valley's waterways from pristine headwaters to buried creeks and channelized canal to meandering river. ...

September 24-25, 2022 — The Toughman Half Long Course Triathlon Championships. Stony Point, NY. Long course tri - 1.2 mile swim, 56 mile bike, and 13.1 mile run. ...

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Tour de Prairie June 25, 2022 Cheyenne, Wyoming. This long-distance, 100-mile, course route heads out and back from Cheyenne through the open, rolling prairie into the town of Chugwater for a uniquely Wyoming tour! ... Registration and event details: hub.enmotive.com/events/superday-2022-tour-de-prairie

Multisport Races May 7, 2022 — Ironman St. George World Championship. St. George, UT. 2.4 mile swim, 112 mile bike, 26.2 mile run. ... May 14, 2022 — South Davis Splash N Sprint Triathlon. South Davis Racing Series, Bountiful, UT. ... May 21, 2022 — Sand Hollow Triathlon. BBSCTwin Tri Series, Hurricane, UT.

JOIN US! THE LEAGUE OF AMERICAN BICYCLISTS. Become a member of the League of American Bicyclists: bikeleague.org/join



Design By: Rachel Koch



## BIKE MONTH

Find ways to celebrate Bike Month with Move Utah, including playing Bike Month Bingo, downloading, sharing and displaying the Move Utah Bike Month poster, or using one of the Move Utah Bike Month online meeting backgrounds.

Learn more at  
[move.utah.gov](http://move.utah.gov)

Biked at least 5 miles today	Used <a href="#">Bike Month Poster</a> as a Zoom background and shared the poster	Plan a bike ride along <a href="#">Utah's U.S. Bike Route (USBR)</a> system	Rode to a local restaurant/food place	Fitted my helmet
Took a selfie at a Utah State park	Rode on a new trail	Decorated my bike/helmet for Bike Month	Checked my lights	Joined the <a href="#">Move Utah Bike Month Strava Challenge</a>
Wore or added reflectors to my bike	Rode to a neighborhood park		Visited the <a href="#">Move Utah</a> website	Biked at least 1 mile today
Tried a new bike route	Read about <a href="#">bicycle advocacy in Utah</a>	Read about <a href="#">Utah's bike laws</a>	Used <a href="#">TravelWise</a> to plan my route	Biked to a State Park
Watched a <a href="#">bike repair video</a>	Donated/volunteered to a <a href="#">biking advocacy group</a>	Stretched before biking	Rode to a place I'd never been before	Plan a safe route to school/work with <a href="#">Safe Routes Utah</a>